

Designed in 1867 by John W. Barber, then in his 70th Year.

Bisung & Gerlach, Lith. 132 W. 4th St. Can.

OUR GRANDMOTHERS KITCHEN.

The Mother is preparing for baking bread and pies, the daughter is pounding clothes, the son brings in wood and water. The dinner pot & tea kettle are suspended by hooks & trammels over the fire, before which corn or Johnny-cake is baking. Cut pumpkin is drying in the chimney corner; apples & peaches by the window; You will notice too, the old clock, spinning wheel, foot stove, bellows, warming pan; The Bible & Hymn Book on the shelf & meeting house out of the window.

THE
AMERICAN KITCHEN

DIRECTORY AND HOUSEWIFE:

CONTAINING THE

MOST VALUABLE AND ORIGINAL RECEIPTS IN ALL BRANCHES OF COOK-
ERY, CAREFULLY AND MINUTELY WRITTEN; MISCELLANEOUS RE-
CEIPTS AND INSTRUCTIONS IN HOUSEWIFERY—HOW
TO PREPARE FOOD FOR THE SICK—HANDY REM-
EDIES FOR COMMON DISEASES—HOW TO
CARVE—DIRECTIONS FOR CAN-
NING AND PRESERVING
FRUITS, ETC.

ILLUSTRATED BY SIXTEEN ENGRAVINGS.

BY ANN HOWE.

CINCINNATI:

No. 111 Main St.

HOWE'S SUBSCRIPTION BOOK CONCERN.

F. A. HOWE, Proprietor.

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P R E F A C E.

A NUMBER of years have elapsed since the first publication of the "AMERICAN HOUSEWIFE," and the extensive sale which it has had warrants the conclusion that it is what it claims to be; that is, a good practical guide to those who are not versed in culinary matters. The present edition is much improved, as all the receipts which the writer considered exceptionable have been rejected, and a large number of very superior ones added. A large proportion of the receipts have been procured from experienced housewives, and no efforts have been spared to render each one as correct and good as possible. The mode of cooking is such as is practiced generally by American housekeepers, and the receipts embrace all the various branches of the culinary art, from preparing the most simple broth, to making the most delicate cake, creams, and sweetmeats. The "Housewife" is designed for all classes of society, embracing receipts for rich and plain cooking, and written in such a plain manner that the most unskilled need not err in attempting to follow the directions given. The experienced cook may smile at the minuteness of the directions; but if she has witnessed as much good food spoiled by improper cooking as the writer of these

receipts, she will not consider her too explicit. In regard to the seasoning of food, it has been found extremely difficult to give any exact rules, as so much depends upon the quality of the seasoning and food. The cook should be careful not to have the natural flavor of the food disguised by the seasoning and where a variety of spices are used, no one of them should predominate. Independent of the receipts for cooking, there are a large number of miscellaneous receipts relative to housewifery, directions for carving, and a few medicinal receipts, which the writer trusts will be found useful to the inexperienced. In conclusion, the writer would give her sincere thanks to those friends who have furnished her with their choice and valuable receipts; and to those into whose hands the book may fall, she would ask a fair trial of the receipts previous to passing judgment.

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PRACTICAL COOKERY.

MEATS.

1. *Observations Respecting Meat.*

IN cold weather meat is much improved by being kept several days previous to cooking it. Beef and mutton should be kept for at least a week, to render the meat tender, and poultry three or four days. In hot weather meat can be kept sweet but a short time, particularly lamb. It should be kept in a cool, airy place, away from the flies. A little salt rubbed over it tends to preserve it. When meat becomes slightly tainted, it may be restored to its original sweetness by putting it into luke-warm water with live coals, and covering it close for ten or fifteen minutes. When meat is frozen it should be soaked in cold water until the frost is extracted; if not extracted previous to putting it to the fire, it will not cook well. A thick roasting piece of meat requires soaking several hours, in order to extract the frost. Meat packed in snow will keep fresh as long as the snow keeps from melting. Have a thick layer of snow at the bottom of the tub in which the meat is packed, and a thick layer of snow between each layer of meat, over the top, and round the inside of the tub, so that the meat will be completely covered. Poultry should be filled with snow previous to packing it.

2. *Boiled Meat.*

Meat for boiling should be put in the pot with cool water, heated gradually, and boiled gently. Furious boiling hardens meat. The part that is to be uppermost on the table should be put down in the pot, as the seum is apt to settle

on the top of the meat and give it a dark look, unless care is taken to skim it off as soon as the pot boils: fresh meat requiring salt boiled with it, in the proportion of a large spoonful to three or four quarts of water. Allow fifteen minutes boiling for each pound of mutton or lamb that is to be boiled; other kinds require twenty-five minutes, reckoning from the time the water begins to boil. Salt meat should be boiled longer than fresh meat; and if too salt, the water should be changed. The water in which all kinds of fresh meat is boiled, can be made into soup. If the meat is fat, let the liquor remain till cold, in order to remove the grease which will then have all risen to the surface. Boiling is the cheapest method of cooking meat if a soup is made of the liquor; if not, it becomes the dearest, as the gelatine extracted by the process of boiling is the most nourishing part of the meat, and if not used for soup is completely lost.

3. *Baked or Roast Meat.*

Meat is better roasted than baked; but in these days of cooking stoves, the latter mode of cooking is generally the most convenient; and if basted frequently, it can be rendered nearly as good as if roasted. Rub salt on the meat; have at least a pint of water in the dripping-pan, adding more as it cooks away; turn it over the meat while cooking, four or five times in the course of an hour; if not basted often, it will be dry and hard. Heat it gradually through, then increase the fire so that it will cook quick.

When the meat is cooked, take it up, then thicken the drippings in the pan with a couple of tea-spoonful of flour, mixed smoothly with a little cold water. It should boil when thickened. Lamb and veal require a little butter in the gravy. Pork and game should have a little of the dressing mixed in with the gravy, and seasoned with sweet herbs.

4. *Broiled Meat.*

Do not use the same gridiron for meat and fish, unless much care is used in cleaning the gridiron after cooking fish, it will give a disagreeable taste to meat. The bars of the gridiron should be concave, and terminate in a trough to catch the juices of the meat, or they will drop in the fire and smoke the meat. Have the gridiron perfectly clean,

the bars greased with lard or butter, otherwise the meat will retain the impression of them. Have a good hot fire of coals, and the gridiron well heated, previous to placing the meat on to broil. The quicker most kinds of meat are broiled, without being burnt, the better they will be. Have your platter hot, lay on the meat when done, butter and season it. Some cooks add a little hot water; in this way a larger quantity of gravy is procured, but the meat will not be as good.

5. *Fried Meats.*

Fried meat being less digestible than any other mode of cooking, it is not advisable to cook it in this way, if it can be avoided. Cut off the fat of the meat, and if there is not sufficient of it to fry the meat, add a few slices of salt pork, or a little lard. Fry the fat and pork, and take them out of the frying-pan previous to putting in the meat, which should be rinsed and drained free from water before cooking. It should fry quick, otherwise it will be greasy; take it up as soon as done, or it will be hard. Take the pan from the fire, and when the meat has cooked, turn in sufficient water to make a gravy for the meat; put it on the fire, and thicken it when it boils, with mixed flour and water; stir it till it boils up again, then turn it over the meat. If not free from lumps, the gravy should be strained through a small cullender or sieve.

6. *Roast or Baked Beef.*

In selecting beef, choose that which is of a loose, tender grain, of a bright red color, and white fat. If of a purplish hue, and the fat yellow, it is an indication of poor beef. The surloin, first and second cuts of the fore quarter, are the best pieces for roasting or baking. The third and fourth cuts are good. Rub salt on the meat, put a pint of water in the dripping-pan, and baste the meat frequently with a large spoon, while it is cooking. Roast it slowly till well heated through, having the bony side placed towards the fire first, then turn the meat, and have a brisk fire. If the beef is a thick piece, allow fifteen minutes for each pound of it to roast; if thin, less time will be required. When cooked, make a gravy according to the directions for roast meat gravy, &c.

7. *Beef Steaks.*

Steaks cut from the surloin are the best, those from the round and shoulder clod are not so good, but usually can be bought for a less price. Keep it several days after it has been killed, if the weather is not too warm, as it will be more tender by keeping. If tough when you wish to cook it, lay it on a board and pound it well before broiling. Rinse it in cold water and drain it well, then broil it as quick as possible without burning, turning it several times while cooking, so that it will get well done through, without being hard on the outside. The fire should be hot enough to cook it in the course of twenty minutes,—be sure and have a good hot bed of coals before placing it on the grid-iron, which should have a trough to catch the juices of the meat. For six or eight pounds of beef, cut up about a quarter of a pound of good butter into small pieces, and lay on a heated platter just before taking up the meat; season it with salt and pepper—some cooks dredge over a little flour—then turn on two or three large spoonful of water; in this way more gravy is procured, but the meat will not be quite so good, as the juices of it are in this way extracted. Beef steaks should be eaten as soon as cooked, to be in perfection. The same pieces that are broiled are suitable for frying. See directions for frying meat.

8. *Beef Smothered in Onions.*

Fry five or six slices of salt pork, put them, when brown, with tender beef sliced thin, and between each layer of beef put a layer of onions sliced; season with salt and pepper. Stew the whole with sufficient water to just cover it. When tender, take up the meat and onions; thicken the liquor with a little flour and water mixed, turn it over the meat. This is a very savory and acceptable dish to those who are fond of onions.

9. *Alamode Beef.*

The round of beef is the best piece to alamode. The shoulder clod is good, and comes cheaper. For five or six pounds of beef, soak about one pound of bread in cold water till quite soft, then drain off the water, mash the bread fine, and mix with it a large spoonful of flour, the same of melt-

ed butter, a couple of eggs, a tea-spoonful of salt; add pepper, cloves, and allspice. to the taste. If the spices are not liked, sweet herbs may be substituted. Cut gashes in the beef, and fill them with part of the dressing. Stew the meat gently for a couple of hours, in just sufficient water to cover it; then put it in a pan with the liquor in which it was stewed; put the reserved dressing over the top. and bake it from one to two hours, according to the size of the meat. After it begins to brown, baste it occasionally. If the gravy is not sufficiently thick, stir in a little mixed flour and water after taking up the meat. Add, if wanted quite rich, a little butter, a wine-glass of wine.

10. *Beef Liver.*

It is good fried, but more delicate broiled. It is also nice boiled. then minced very fine, and warmed, with a little water, butter, pepper. and salt; cut it in thin slices for broiling or frying, and if tough, soak it in cold salt and water for about a quarter of an hour previous to cooking it. Heat the salt and water while the liver is broiling, thicken it with flour mixed with water, and use it for a gravy to the liver. Butter and season the liver well before adding the gravy. It is very good broiled about ten minutes, with a few slices of salt pork, then seasoned with pepper and salt, cut up into small strips with the pork, and stewed a few minutes with a little water and flour sufficient to thicken the gravy.

11. *To corn Beef.*

To each gallon of cold water, put a quart of rock salt, an ounce of saltpetre, and quarter of a pound of brown sugar, (some use molasses, but it is not so good for corning beef as sugar.) No boiling is necessary. Put the beef in the brine when perfectly fresh; as long as any salt remains at the bottom of the cask the brine is sufficiently strong. Whenever any scum rises, the brine should be scalded, and more sugar, salt, and saltpetre added. Whenever a piece of beef is put in brine, salt should be rubbed over it, and if the weather is hot, cut a gash to the bone, and fill it with salt. Keep a heavy stone on the top of the beef to make it remain under the brine. In very hot weather it is difficult to corn beef in cold brine before it spoils. It can be corned when

boiled in the following manner: To six or eight lbs. of beef, put a tea-cup of salt. After placing the beef in the pot with the salt rubbed over it, turn in cold water and boil it from three to four hours, according to the size of the meat. There should be just sufficient water to cover the beef, and it should boil gently. Keep on a tea-kettle of boiling water to replenish the pot as the water boils away. Skim it well as soon as it boils; if the scum is allowed to settle on the beef, it will make it look dark.

12. *Frizzled Beef.*

Cut tender fresh smoked beef into thin slices, and warm it up, with sufficient water to cover it. Thicken it when it boils up, with flour mixed with water; add a little pepper and butter, and remove it from the fire, as much cooking hardens it. This makes a nice dish for breakfast.

13. *Mutton.*

The saddle is the best part to roast. The shoulder and leg are good roasted, but the best mode to cook the latter, is to boil it with about a pound of salt pork. A little rice boiled with it improves the appearance of the meat. It is good corned a few days before boiling; it may also be cut into slices and broiled, or baked in the following manner: Make a dressing of bread soaked soft, season with salt and pepper, add a couple of eggs, a large spoonful of melted butter, one spoonful of flour, cut gashes in the leg and fill them with the dressing; put it in a baking pan, with a little butter and a pint of water. For roasting, mutton should have a little butter rubbed on it, pepper and salt, and, if you like, cloves and allspice. Put water in the dripping pan, and baste it frequently. The bony side should be turned first towards the fire. Allow a quarter of an hour to each pound of mutton that you have to roast; if overcooked, it will be tough. The neck is nice broiled; the bones should be separated; broil it quick, season with salt and pepper; butter it when cooked.

The breast of mutton is good baked. The joints of the brisket should be separated, the sharp ends of the brisket cut off. Rub it over with butter and salt, and bake it with a pint of water, in the baking-pan; baste it occasionally while

baking. After taking up the mutton, thicken the gravy with flour and water, season it with spices or catsup, if you like; some cooks add wine and currant jelly to the gravy for roast or baked mutton. The neck of mutton makes good soup. Parsley or celery heads are a pretty garnish for mutton.

14. *Veal.*

The loin is the best part for roasting. The breast and neck are good. The breast is also good made into a pot-pie, and the neck cut into small pieces and broiled. The leg is nice for frying, and when a number of slices have been cut off for cutlets, the remainder makes a nice dish, boiled with a piece of salt pork. Some cooks cut slits in veal, for boiling or roasting, and draw in small bits of salt pork, which seasons it finely. If pork is not put with veal when roasted, or baked, rub butter over it, season with salt and pepper. Baste it frequently with the drippings.

15. *A Fillet of Veal.*

A fillet is good baked. Take out the bone, and fill the vacancy with a dressing made of bread soaked soft, then squeezed out of the water and mixed with chopped raw pork and two eggs. Season it with salt and pepper, and add, if you like, sweet herbs. Close up the meat after putting in the dressing, put it in the baking pan with about a quart of water, cover the top with the dressing, and bake it from two to three hours, according to the size of the piece of veal. Thicken the gravy, after taking up the meat, with some of the dressing, add a little butter, and if liked quite rich, put in a small quantity of wine, or catsup.

16. *Veal Cutlets.*

Fry a few slices of pork, when brown, take them up, and put in slices of veal cut from the leg, about an inch thick. When brown on both sides, take them up. Remove the frying-pan from the fire; when cool, put into it about half a pint of water, set it where it will boil up, and thicken it with a couple of teaspoonfuls of flour mixed smooth with a little water. Place a couple of slices of toast on your platter with the meat and pork, and turn the gravy over the whole. A

very nice method of cooking the cutlets, is to fry them brown; then dip them into a batter made of a pint of milk, a couple of eggs, a little salt, and flour enough to render it of a thick batter; fry it again after dipping until brown. If there is any batter left after dipping in the veal, drop it by the large spoonful into the fat. When brown, place it over the veal. Thicken the gravy and turn over the whole. If the meat is tough, it is improved by being stewed half an hour after slicing it up, before frying it.

17. *Calf's Head.*

Boil the head a couple of hours, together with the lights and feet. Put in the liver when it has boiled an hour and twenty minutes. While the head is cooking, tie the brains up in a bag, and boil them with it; season them with salt, pepper, and sweet herbs, or spices. Use this as a dressing for the head. Some prefer part of the liver and feet for dressing. They are prepared in the same manner as the brains. The liquor that the calf's head is boiled in makes a good soup, seasoned in a simple manner, like other veal soup, or seasoned turtle fashion. The liquor should remain until the succeeding day after boiling the head, in order to remove the fat, which will then rise to the surface and can be skimmed off. If you wish to brown the calf's head, when boiled tender take it out of the liquor, rub on a little butter, sprinkle over salt, pepper, allspice, and flour, and set it in a stove, or brick oven, and brown it quick. Warm up the dressing with a little water, season with salt, pepper, and spices, add wine just as you take it up if you like; if not, it can be dispensed with. Calf's head is good baked, as follows: Halve it, rub butter over, and put it in a pan with a quart of water, then cover it with dressing made of soaked bread, an egg, a little butter, season it with salt and pepper. Slice up the brains and put them in the baking-pan with the head. Bake the head quick, and garnish it with slices of lemon, or force meat balls.

18. *Force Meat Balls.*

Chop from one to two pounds of veal fine, with a couple of slices of raw salt pork, add a couple of eggs, and pepper to the taste. Do it up into balls of the size of half an egg, and fry them brown.

19. *Calf's Liver.*

The liver is good stuffed and baked, or either fried or boiled.

20. *Calf's Feet.*

Boil them with the head until tender, then split and lay them round the head. They are nice prepared as follows: After being boiled, dredge with flour, and fry them brown, then take them up and stir a little mixed flour and water into the fat in which they were fried; season the gravy with salt, pepper, and mace. Add, if you like it rich, wine and a little butter, and turn the gravy over the feet.

21. *Collops.*

Cut a portion of a leg of veal into thin slices three or four inches broad, sprinkle flour on them, and fry them brown, then turn in sufficient water to cover the veal. When it boils, take off the scum, put in two or three sliced onions, a blade of mace, salt, and pepper. As soon as the veal is tender, take it up, thicken the gravy with mixed flour and water, squeeze in the juice of a lemon, and turn it over the collops. Garnish the collops with lemon cut in slices.

22. *Plaw.*

Boil a piece of lean veal tender, then cut it in strips three or four inches long, put it back in the pot with the liquor in which it was boiled, and a tea-cup of rice to three or four pounds of the veal. Season it with salt and pepper, (add sweet herbs, if you like,) put in a piece of butter of the size of a hen's egg. Stew the whole gently until the rice is tender, and the liquor nearly stewed away, taking care that it does not burn. A little curry powder sprinkled in converts it into a curry dish.

23. *Veal Stew.*

Cut uncooked veal into small strips, put it in a pot with peeled and sliced unboiled potatoes, having them in alternate layers, with four or five slices of salt pork; season each layer with salt and pepper. Cover it with water, put on the lid of the pot, and stew it gently for about an hour.

24. *Lamb.*

If the vein in the fore quarter is blueish, it is fresh. The fore and hind quarters are suitable roasting pieces. Sprinkle on salt and pepper, and if not quite fat, rub on butter, and put a little in the dripping-pan, together with some water, and baste the lamb frequently while baking or roasting. These pieces are good stuffed like a fillet of veal. The leg is good cooked in the same manner, but better boiled with about a pound of salt pork. Allow fifteen minutes boiling for each pound of meat. The breast of lamb is good roasted, broiled, or corned and broiled. It is also good made into a pot pie. The fore quarter is nice broiled. The ribs should be divided before broiling, and the bony side put towards the fire first, and browned, before the other side is cooked. Season with salt and pepper. Some cooks use mint or thyme to season lamb. It is difficult to keep lamb in hot weather, longer than one day after it has been killed. A leg may be kept several days if put into brine, but it should not be put with pork, as fresh meat is apt to injure the pork. Lamb's feet, head, and heart are nice, boiled tender. The flesh should then be cut from the head, the heart cut up, and the feet split in two, and the whole warmed up with some of the liquor in which they were boiled, together with a little butter, pepper, and salt; add mint or thyme, if you like. Thicken the gravy in the usual manner, and stew the whole a few minutes.

25. *Shoulder of Lamb Grilled.*

The shoulder of lamb is good roasted plain, but better cooked in the following manner: Score it in checkers about an inch long, rub over a little butter, the yolk of an egg, then roll it in pounded bread crumbs, sprinkle on salt, and pepper, and sweet herbs, and bake until a light brown, with a little water in the baking-pan. This can be served with a simple gravy, but one made as follows is nicer: Take half a pint of the drippings of the lamb, mix it with the same quantity of water, set it where it will boil, thicken with flour and water, add a large spoonful of tomato catsup, the juice and grated rind of a lemon, salt and pepper to the taste.

26. *Lamb's Fry.*

The heart and sweet bread are nice fried plainly, or dipped into beaten egg and pounded bread crumbs. They should be fried in lard.

27. *Roast Turkey.*

Take out the inwards, and wash the inside and outside of the turkey. Prepare a dressing in the following manner: Have sufficient bread soaked in cold water to fill the turkey; when soft, drain off the water and mash it fine; mix with it a large spoonful of melted butter, or a little raw, chopped pork; season it with salt and pepper; add sweet herbs if you like. An egg in the dressing makes it cut smoothly. Any kind of cooked meat chopped fine, and mixed with the dressing, improves it. A dressing made of potatoes boiled fresh, and mashed, with a little salt and butter mixed with it, makes a good dressing for turkey or other kinds of poultry. Fill the crop and body with the dressing, sew it up, tie up the legs and wings, rub on a little butter and salt. Roast it from two to three hours, according to its size. Twenty-five minutes to every pound is a good rule. It should be roasted slowly at first, and basted frequently, having about two-thirds of a pint of water in the dripping-pan. The inwards should be boiled by themselves, they require a great deal of cooking; use the liquor in which they are boiled for a gravy to the turkey, adding a little of the drippings of the turkey; thicken it, when it boils, with mixed flour and water; season with salt and pepper; add thyme or marjoram, if you like.

28. *Boiled Turkey.*

A turkey for boiling should be prepared in the same manner as for roasting. Tie it up in a cloth in order to have it look white, unless rice is boiled with it. It will require about two-thirds of a cup of rice, if a soup is to be made of the water in which it is boiled. A pound of salt pork boiled with the turkey, improves the flavor of it. Use drawn butter for a sauce, without you have oyster sauce. If a soup is to be made of the liquor, it should remain till the next day to have the fat skimmed off, unless liked very rich.

29. *To Bone a Turkey.*

Remove the flesh from the bone with a sharp knife, scraping it downwards, being careful not to cut it to pieces. Begin at the wings, and do not tear or break the skin. Loosen the flesh from the breast, back, and thighs. Draw the skeleton by the neck, from the flesh, then stuff it with a dressing prepared in the same way as for roast turkey. If there are any broken places, sew them up. Bake it about three hours. Serve it up cold.

30. *Goose.*

If a goose is tender under the wings, and you can break the skin easily by running the head of a pin across the breast, you may rely upon its being young and tender. A goose should be prepared in the same manner, and roasted the same length of time, as a turkey of equal size.

31. *Chickens.*

Select those that are full grown, but young and tender, which is ascertained by the appearance of the skin and breast bone; the skin will be thin and tender, if young, and the breast bone will yield easily, when pressed by the fingers. They should be killed by having the neck cut, then hung by the legs so that they will bleed freely, in order to make them white, and healthy to eat. For roast or boiled chickens prepare a dressing like that for turkeys. When chickens are to be boiled, they will be less liable to break, if the water is cold when they are put in the pot; rice boiled with them, in the proportion of half a tea-cup to three or four chickens, will make them look white. Salt pork boiled with them improves their flavor. If pork is not boiled with them they will need salt. Chickens for broiling should be split, the inwards taken out, the chickens washed and seasoned with salt and pepper. Put the bony side down on the grid-iron, broil them slowly, until brown on the side that is towards the fire, then turn and brown them on the other side; butter them when cooked. It takes about three-quarters of an hour to broil a chicken of medium size. For roast chickens, boil the liver and gizzards by themselves, and use the water for a gravy to the chickens. Thicken the gravy with

with flour and water mixed Cut up the inwards in slices and put them in the gravy.

32. *Fricassee.*

The chickens should be jointed, the inwards taken out, the chickens washed in cold water, and put in a pot, with the skin side down. On each layer, sprinkle salt and pepper. Put in six or eight slices of salt pork, and just sufficient water to cover them, stew them till tender, then take them out of the liquor, thicken it with flour, mixed smooth with cold water, and add a piece of butter of the size of a hen's egg. Turn it when it boils up well, on to your chickens, having a couple of slices of toast with them on the platter. Another method is to stew the chickens till tender, without the pork. Brown the slices of pork, take them up, and put the chickens into the pork fat, and fry them until a light brown.

33. *Chicken Pudding.*

Joint a pair of small tender chickens, season them with salt and pepper, stew them with three or four slices of salt pork, and just sufficient water to cover them. When tender take them out of the liquor, and set them where they will cool. Make a batter of a quart of wheat flour, a quart of milk, six eggs, a teaspoonful of salt. Cover the bottom of the pudding dish with the batter, then put in a layer of chickens, then a layer of batter, and so on, until the dish is filled, having a layer of batter at the top. Bake the pudding till of a light brown. Break an egg into the liquor, in which the chicken was stewed, heat and serve it up with the pudding.

34. *Chicken Pie.*

Joint the chickens, which should be young. Boil them till nearly tender, in just sufficient water to cover them. Take them out of the liquor and lay them in a pudding dish, lined with pie-crust, to each layer of chickens, put three or four thin slices of pork, or a couple of ounces of butter, cut into small bits, season each layer well with pepper and salt, and dredge flour over the top, turn in the liquor in which they were stewed, till you can just see it at the top. Cover it with pie crust, cut a slit in the centre, and ornament with strips of pastry. Bake it in a quick oven about an hour.

35. *Beef and Mutton Pie.*

Take slices of tender meat, pound it thin, and broil ten minutes. Cut off the gristly and bony parts, season it highly with salt and pepper, butter, and cut it into small bits. Line a pudding-dish with pastry, put in the meat, and to each layer, put a teaspoonful of tomato catsup, and a large spoonful of water; sprinkle flour over the whole, and cover it with pie-crust, having a slit in the centre of it; lay strips of pastry over, so as to give it a tasteful appearance, and bake it about an hour.

Cooked mutton, and roast beef, or broiled beef, can be made into a good pie. Cut them into small pieces, season with salt and pepper, add gravy, or butter and water, till you can see it at the top.

36. *Chicken and Veal Pot-pie.*

Boil the meat until about half done. Chickens should be jointed before boiling, and veal cut into small pieces, after it is boiled. Put it in a pot with a layer of crust, to each layer of meat, having a layer of crust on top. A few slices of salt pork improves it. The meat should be well seasoned with salt and pepper, before putting it in the pot. Cover the whole with the liquor, in which the meat was stewed; it should be hot when added, and keep a tea kettle of boiling water, to turn in as the water boils away. Cold water will make the crust heavy. Let the whole stew just long enough to have the crust cooked; if overcooked, it will be clammy. The crust may be made like that for fruit pies, with less shortening, or like that for cream of tartar biscuit, but a raised pie-crust is the lightest and best. If you have unbaked wheat dough, add to it a little melted butter, and use it for the pie, if not, prepare the crust as follows: Mix together three pints of flour, half a tea-cup of melted butter, a teaspoonful of salt, a third of a tea-cup of yeast, and lukewarm milk or water, just sufficient to enable you to roll it out. Set it in a warm place to rise, which will take five or six hours, unless brewers, or distillery yeast is used. The butter may be omitted, and seven or eight potatoes, boiled soft and mashed fine, substituted. When quite light, so as to be of a spongy appearance, roll it out half an inch thick, cut into small cakes, let them remain a few minutes, then put them with the meat.

37. *Rabbits.*

Rabbits are good made into a fricassee, like chicken, or roasted. Fill them with a dressing of soaked bread, seasoned with pepper, and salt, and sweet herbs, mix with a couple of eggs, and a couple of large spoonfuls of melted butter. Sew the bodies up when filled. Cook them about an hour, basting frequently. When well heated they should have a little butter rubbed over them. They are also good made into a pot-pie.

38. *Pigeons.*

Take out the inwards and fill the pigeons when washed, with a dressing prepared like that for turkeys. Lay them in a pot with the breast side down, seasoning them with salt and pepper. Turn in more than sufficient water to cover them. When nearly stewed enough, add a quarter of a pound of butter to each dozen of pigeons. When tender, take them out of the liquor and thicken it with mixed flour and water. If you wish to have them brown, fry them in pork fat after they have stewed till tender. They are very good split open and stewed, and the dressing warmed separately with a little of the gravy. Tough pigeons require a good deal of cooking. If tender, they are nice stuffed and roasted. They should be well buttered before roasting.

39. *Ducks.*

They are good stewed in the same manner as pigeons, or roasted. A couple of onions in the dressing of wild ducks will cancel the fishy taste which they are apt to have. If ducks or any other fowls have become slightly tainted, it may be removed by soaking them in saleratus water just before cooking.

40. *Venison.*

If the weather is cold, venison is much improved by being kept ten or twelve days previous to cooking it. Roast a haunch from three to four hours, according to its size, and baste it frequently, or it will be dry. Sprinkle on salt and pepper. When roasted, add cloves and allspice, if liked. There should be over a pint of water in the dripping pan when put down to roast. Broil the steaks in the same man-

ner as beef steaks. Venison should have currant jelly as an accompaniment—some cooks put it in the gravy.

41. *Pork.*

In selecting pork, choose that which has a thin rind, and the fat white and soft; procure that which has been fattened on corn, as it is much the best. If it is to be salted, do not let it freeze. The spare-rib should be roasted, the hams smoked; the shoulders can be smoked, but they are the best corned and boiled. The head can be baked or made into head cheese, together with the feet. The latter can be soured or made into a jelly.

42. *To Salt Pork.*

If salted the day it is killed, before it becomes stiff, it will pack closer. Sprinkle a thick layer of salt at the bottom of a tight barrel. The salt should be coarse; rock salt is the best. Have the pieces of pork as near of a size as possible, so that they will pack closely together. Pack the pork with the rind down, and between each layer, put a layer of salt about half an inch thick. There is no danger of getting too much salt, as the pork will only absorb the requisite quantity; if there is any surplus it need not be wasted, as it will do to use the next time you salt pork. If there is not sufficient brine formed to cover the pork, in the course of two or three days after it is salted, make a strong brine, boil and skim it, turn it, when quite cold, on to the pork. Keep a heavy stone on top of the pork to keep it under the brine. If a white scum or bloody matter appears on the surface, the brine should be scalded, and more salt added. In packing pork, use only fat pieces.

43. *Baked or Roast Pig.*

Pigs should be small and fat for roasting or baking. Take out the inwards, cut off the first joint of the feet, and boil them all together till tender, then chop them. Prepare a dressing of bread soaked soft, and squeezed out of the water, and mashed. Mix with it a little butter, pepper, salt, sage, or any other sweet herbs you please. Fill the pig with the dressing, reserving some to mix with the gravy. Rub a little butter over it to keep it from blistering when

cooked. Roast or bake it from two and a half to three hours; turn water in the dripping-pan, and baste it frequently. When cooked, take some of the drippings and mix it with the reserved dressing, and inwards, and feet; add salt and pepper; and use this as sauce for the pig. Expose it to the cold air three or four minutes, to have it crispy before eating.

44. *Broiled or Fried Pork.*

Fresh Pork steaks should be in nice slices, with the rind taken off. Season them with salt, and pepper, and sage; broil or fry them quick, using no butter; if fried, stir a little mixed flour and water into the fat in which they have been fried, let it boil up, then turn it over the steaks. Salt pork when fried, should be cut in thin slices, when brown on both sides, take them up; and if you wish for a gravy, mix a couple of teaspoonfuls of flour with two-thirds of a cupful of water, and stir into the pork fat; let it boil before removing it from the fire. This gravy is a good substitute for butter. Another way which some persons may prefer, is to rub flour on each side of the slices, and broil it very quick, dipping it into flour several times; cooked in this manner it will be dry and crispy.

45. *Sweet Bread, Liver, and Heart.*

They may be fried plain in pork fat; when out of the frying-pan, turn in a little water, mixed with flour, let it boil, then turn it over them. Another method is to parboil them, and let them get cold, then cut them about an inch thick; season with salt and pepper, dip them into the yolk of an egg, and fine bread crumbs; fry them of a light brown. When removed from the frying pan, make a gravy for them, adding, if you like, spices and wine.

46. *Pressed Head.*

Pig's head is good baked with beans, or corned and smoked. It is also nice, prepared in the following manner: Boil the cheek, ears, forehead, and rind, till they will most drop from the bones. Take the whole out of the liquor, chop the meat fine, and warm it in a little of the liquor in which it was boiled, season it highly with salt, pepper, and sweet herbs; or if you like, season with spices, instead of

sweet herbs. Put it, while hot, in a strong bag, tie it up tight, and put a heavy weight on it, and let it remain until cold. This will keep a number of weeks in cold weather. It should be cut in slices and eaten cold.

47. *Souse.*

Clean pig's ears and feet very thoroughly, then soak them in salt and water for a number of days, changing the water every other day. Then boil them tender, and split them. They are good fried, or soused as follows:—after boiling, let them get cold, then turn on boiling vinegar, spiced with mace, pepper-corns, and cloves; add salt. They will keep this way for five or six weeks. When they are to be eaten fry them in lard.

48. *Tripe.*

After being scoured, soak them in salt and water a week, changing the water every other day. Boil it until tender, which will take eight or ten hours. It is then fit for broiling, frying, or pickling, which is done in the same way as souse.

49. *Pork Sausages.*

Take about one-third fat to two-thirds of the lean of pork, chop it very fine, season highly with salt, pepper, and any one, or all of the following sweet herbs: sage, summer savory, or sweet marjoram; a little saltpetre mixed in tends to preserve the pork. To ascertain whether you have sufficient seasoning, do a portion of it up into a small cake and fry it. A large spoonful of sage, or any other sweet herbs, half a spoonful of salt, and two teaspoonfuls of black pepper, to each pound of pork, may be adopted as a good rule for seasoning, if you do not like to depend upon your taste. When seasoned, fill casings that have been thoroughly cleaned or else pack it tight in a stone jar, cover it close. Sausages should be kept in a cool place. When you wish to cook sausage-meat, do the required quantity up into cakes, of the size of small biscuit, flouring your hands, in order to keep them from sticking, and make them fry well. Sausages should be cooked slowly, with a little fat put into the pan when they are fried, to keep them from sticking to the pan, and burning. If not liked fat, take them out of the pan when nearly done, and finish cooking them on a gridiron.

50. *Beef-sausage Cakes.*

In summer, when fresh pork cannot be procured, very good sausage cakes may be made of raw beef, chopped fine, with salt pork, using one-third of the latter, to two-thirds of the beef. Season it with salt and pepper; add cloves and allspice, if you like. Do the meat up into small cakes, and fry them brown.

51. *Bologna Sausages.*

Take equal weights of ham, beef, and veal, chop fine, and season highly with salt, pepper, cloves, and allspice, and fill the skins, which should previously be thoroughly cleaned. To ascertain whether you have sufficient seasoning, before filling the casings, do up a little of the meat into a small cake and fry it; if there is not enough, add more. Put them in brine, and let them remain nine or ten days, then smoke them for a week, or else boil them till tender in the casings, then dry them.

52. *To cook Ham.*

A ham that weighs ten pounds, should be boiled four or five hours, the water should not be hot when it is put in the pot, and if the ham is very salt, change the water while it is boiling. If you wish to bake the ham, parboil it first, then take off the rind, cover it with bread crumbs, and bake it slowly. Ham is more tender broiled than fried; if very salt, soak the slices half an hour in lukewarm water, then turn off the water, cut off the rind, and broil on a hot bed of coals eight or ten minutes; if cooked slowly, it will be hard; serve it up with fried or poached eggs laid over it. Boiled ham should have the rind taken off; and if you wish to have it have a tasteful appearance, put whole cloves or spots of pepper over it in the form of a diamond; garnish it with parsley.

53. *To cure Hams.*

The Virginian mode, which is considered very superior, is as follows:—dissolve two ounces of saltpetre, two teaspoonfuls of saleratus, in a salt-pickle, as strong as possible, for every sixteen pounds of ham. Let them remain four or five weeks in the brine. Then smoke them with the hocks downwards, to preserve the juices. They will smoke tolerably well in the course of a month, but are better to remain in

the smoke-house two or three months. Hams cured in this way, are fine flavored, and will keep a long time.

54. *Tongues.*

Cut off the roots. they are not good smoked, but are nice to make mince pies of. Make a brine for the tongues, as follows:—to each gallon of water, which should be cold, put a quart of rock salt, a couple of large spoonfuls of blown salt. Keep the tongues in the brine a week, then smoke them eight or ten days. They are good boiled, after being in brine, without any smoking. To prepare the roots for pies, take out the pipes and veins, boil the meat till tender, mince it fine, and season it with salt, cloves, mace, and cinnamon, add a little sugar, or molasses, and sufficient brandy to moisten the whole. Keep it in a stone jar covered close, in a cool place. It will keep in this way a number of months in cold weather. Some cooks mix apple with it when they put it in the jar, but it is better to add the apples when the meat is made into pies, as they will have a better flavor when fresh; there should be two-thirds of apple to one of meat.

55. *Curries.*

Chickens, pigeons, mutton chops, and veal, all make good curries. Boil the meat tender, in just sufficient water to cover it, with a little salt. Chickens should be jointed before boiling. Fry three or four slices of salt pork, take them up and fry the meat in the pork fat, when brown, add part of the liquor in which they were boiled, and the fried pork. Mix a teaspoonful of curry powder with a tea-cup of boiled rice, stir it into the meat, and stew the whole about ten minutes.

56. *Warmed over Meats.*

All housekeepers who wish to be economical, should know how to make good dishes out of cold cooked meat, otherwise there will be much wasted, if not bestowed upon the needy. When meat is warmed over, it should only be on the fire just long enough to get well heated, if it was sufficiently cooked at first; if on too long, the juices of the meat will be extracted, rendering it tough, and indigestible. Be careful to season the meat well, and use water to warm it up; adding a little butter instead of gravy, that

has been left the day previous, as it is not good warmed over. The fat can be removed from the gravy when cold, clarified and used for frying, so that there need not be any waste.

57. *A Ragout of Cold Veal.*

Cut boiled, or roasted veal in nice slices, and stew them with three or four sliced onions, a little water, salt, and pepper. After stewing till the onions become tender, thicken the stew with flour; add a little butter, a large spoonful of catsup, and remove it from the fire.

58. *Veal Hash.*

Cut up into small strips, roasted or boiled veal, warm it up with a little water, pepper, and salt; thicken the stew with flour, and add butter on removing from the fire. Cooked veal makes a very nice dish, minced very fine, warmed up with just sufficient water to moisten; season with salt and pepper; add, if liked, the grated rind of a lemon, or part of a nutmeg. Put in a little butter on taking it up, and garnish it with a couple of lemons cut in slices.

59. *Beef.*

Fresh roast or corned beef are good minced quite fine, and mixed with about an equal portion of potatoes; if cold, they should be chopped, if hot, mashed. Heat quite hot, with just sufficient water to moisten; add pepper, salt, and butter to the taste. Roast beef can be cut into mouthfuls, and warmed up with cooked potatoes, or onions cut into small pieces; serve in the usual manner. Beef steak may be cut into small pieces, and stewed with three or four sliced onions, or tomatoes, seasoned with salt and pepper, and add a little butter. It is also good made into a pie, or boiled tender and made into a hash with potatoes.

60. *Mutton, Venison and Lamb.*

Cut the meat into mouthfuls, warm it with a little water season with pepper and salt; thicken the stew with a little flour; add butter just as you remove it from the fire; and if liked quite rich, a large spoonful of catsup, or currant jelly. The fat of mutton should be cut off before warming the meat, as it will impart a disagreeable flavor to it.

61. *Warmed over Poultry.*

Take either turkey or chicken that has been boiled, or roasted, cut into small strips, season them with salt and pepper, sprinkle over flour, and add sufficient water to make a good gravy. Have it on the fire just long enough to get well heated through; add a little butter just as you take it up. On no account use the gravy that was left the day previous for warming up the poultry, as it will give the meat an oily, disagreeable flavor.

62. *Ham.*

Cut cooked ham into small pieces, fat and lean together, and warm up with boiled potatoes, cut into mouthfuls, stew them with a little water until the potatoes are well seasoned with the ham. The potatoes may be omitted, and several eggs be dropped in while the ham is heating; as soon as the eggs are cooked, remove from the fire. Another way, is to chop lean and fat together, very fine, with as much again potatoe, mix with eggs and pepper, make into small balls and fry them.

63. *Chicken Salad.*

Take chickens that are boiled tender cut up all the meat into small bits—some use only the white part for salad—it looks more delicate if the dark meat is omitted, but will not taste so well. Chop heads of celery, and rinse in cold water; after chopping, to have them look white, there should be about double the quantity of celery that you have chicken to mix with it. Put the whole in an earthen dish, and make the following dressing, and turn over it when cold: for five or six chickens, take eight eggs, beat them to a froth, and mix them with a pint of vinegar, four large spoonfuls of salad oil, or melted butter, a large spoonful of mixed mustard, the same of salt, and a tea-spoonful of black pepper. Stir the whole together over a moderate fire constantly, till of a thick consistency. Then remove from the fire, and when cold, mix with the chicken and celery.

GRAVIES AND SAUCES.

64. *Drawn Butter.*

Mix two or three tea-spoonfuls of flour with very little water, when of a smooth consistent-paste, add a little more cold water so that it will be liquid, and stir it into two-thirds of a pint of boiling water,—stir it till the whole boils up well, then remove it from the fire; but set it in a warm place, and stir in about a quarter of a pound of butter, previously cut into small pieces; when the whole is melted it is ready for use. If carefully mixed it will be free from lumps; if not it should be strained through a small cullender or sieve. Be sure and use good butter, as poor will spoil whatever food it is mixed with. If the butter is to be used for fish, put in boiled eggs cut in slices or capers. It may be converted into curry sauce by sprinkling in a little curry powder.

65. *Burnt Butter.*

Put a couple of ounces of butter into a frying pan; when of a dark brown color, by being heated on a moderate fire, add half a tea cupful of vinegar; season it with salt and pepper. This is nice for fish, salad, or eggs.

66. *Roast Meat Gravy.*

All meat, when roasted or baked, should have as much as a pint of water in the dripping-pan; if it boils away while the meat is cooking, add more. When the meat is taken up, set the drippings where they will boil, and thicken it with two or three tea-spoonfuls of flour, mixed with water in the same way as for drawn butter. If the gravy is for lamb, or veal, add a little butter. The gravy for pork and geese should have a little of the dressing mixed with it. If you wish your gravies to have a dark, rich look, keep a little flour scorched to thicken them with. This is done by putting a small quantity in a frying-pan, setting it on a moderate fire, and stirring it constantly, till of a dark brown color, taking care that it does not burn.

67. *Sauce for Cold Meat, Fish, or Salad.*

Boil a couple of eggs three minutes, mix them with half a tea-cup of salad oil, or melted butter, half a cup of vinegar, a tea-spoonful of made mustard, a little salt, and pepper. Add, if you like, a large spoonful of catsup.

68. *Wine Sauce for Venison or Mutton.*

Warm half a pint of the drippings, and mix together a couple of tea-spoonfuls of flour, with a little water, so that it will be free from lumps, and stir into it the drippings when boiling. Season the gravy with salt, pepper, and cloves, and stir in, just before removing from the fire, a gill of white wine.

69. *Rice Sauce.*

Boil half a tea-cup of rice with an onion and a blade of mace, till the rice is quite soft; if it has not then absorbed the water, turn it off, stir in two-thirds of a pint of milk, a tea-spoonful of salt, and strain the sauce. This is a nice accompaniment to game.

70. *Oyster Sauce.*

Separate the oysters from the juice, and if you have not sufficient juice for your sauce, one-third water may be put to it. Set it where it will boil, with a couple of blades of mace, salt and pepper to the taste. Mix a little flour smoothly, with a little milk, and thicken the sauce. When it has boiled several minutes, to a pint of it put half a pint of oysters; as soon as they are scalded through, take the sauce from the fire, or the oysters will shrivel and be hard. Add a piece of butter of the size of a hen's egg, and serve it up immediately with your poultry.

71. *White Celery Sauce for Boiled Poultry.*

Take four or five heads of celery, cut off the green tops, cut up the remainder into small bits, and boil them till tender in half a pint of water. Mix smoothly a couple of tea-spoonfuls of flour, with half a cup of cold milk, and stir it into the celery and water; while boiling, season with salt.

When it boils up, take it from the fire, and add a small piece of butter.

72. *Brown Sauce for Poultry.*

Peel two or three onions, cut them in slices, and fry them brown in a little butter; sprinkle over flour, pepper, salt, and thyme, or sweet marjorum; add half a pint of the liquor in which the poultry was boiled, or, if roasted, the same quantity of the drippings, and a large spoonful of catsup.

73. *Liver Sauce for Fish.*

Boil the liver of the fish, then mash it fine, stir it into drawn butter, together with a table spoonful of catsup, a little salt, and pepper. Add, if you like, a little lemon juice, or vinegar.

74. *Sauce for Lobsters.*

Boil two or three eggs just three minutes, mix them with the spawn of the lobster, and a spoonful of water; when rubbed smoothly together, stir in a couple of teaspoons of mixed mustard, half a cup of salad oil, or melted butter, the same quantity of vinegar, a little salt, and pepper.

75. *Sauce for Turtle, and Calf's Head*

To half a pint of drawn butter, put the juice and grated rind of half a lemon. Season it with salt, pepper, and sweet marjorum, or summer savory. Just as it is removed from the fire, add a wine-glass of white wine.

76. *Apple Sauce.*

Pare and quarter the apples and stew them tender; if tart, in a little water; if not tart, they are the best stewed in cider; if you have no cider, squeeze in the juice of a lemon to make them tart. Stir in sugar to the taste, when stewed soft. The following method is a very good one, when you have a quantity of apples that will not keep long, Halve and quarter without paring, taking out the cores: boil them in new cider, with sufficient molasses to sweeten, till reduced to half the quantity a few quinces with the ap-

ples give the sauce a fine flavor. It should be strained when partly cooled, and covered up tight, and if put in a cool dry place, will keep good for several months in winter. This sauce, with the addition of a little cinnamon or all spice, will make good plain pies.

77. *Cranberry Sauce.*

Stew the cranberries till soft, with a little water; when tender, add sugar sufficient to sweeten; let it scald in well. Strain it, if you like; it is good without straining.

78. *Pudding Sauce.*

Stir to a cream, a tea-cup of butter with two of sugar; white is the nicest for sauce, but good brown sugar answers very well. Add the grated rind of a lemon or nutmeg, the juice of the lemon, or sufficient wine or brandy to flavor; cider may be substituted for the wine or brandy. If you wish a liquid sauce, add to the above the following:—heat two-thirds of a pint of water boiling hot, and thicken it with two or three tea spoonfuls of wheat-flour, mix it smooth, with a little cold water; as soon as it boils up well, stir it into the mixed sugar and butter. If lumpy, strain it before mixing it with the sugar and butter.

79. *Tomato Soy.*

Prick ripe tomatoes with a fork, lay them in a deep dish, and to each layer put a layer of salt. Let them remain several days, then take them out of the salt and put them in vinegar for one night. The next day, drain off the vinegar, put the tomatoes in a jar, with sliced onions in alternate layers, sprinkling in spices between each layer, allowing half a pint of mustard seed, half an ounce each of ground cloves, and black pepper to each peck of tomatoes. They will be in fine eating order in the course of ten days.

80. *Tomato Catsup.*

To each gallon of ripe tomatoes, put four table spoonfuls of salt, five of black pepper, three of ground mustard, half a large spoonful of allspice, the same of cloves, simmer the whole slowly together, with a little water at the bottom of

the stewpan, to prevent their burning. Let them stew slowly for three hours, then strain through a sieve. When cold, bottle, and cork, and seal them; keep them in a cool cellar. The catsup should be made in tin, and as late in the season as practicable, in order to have it keep well.

81. *Mushroom Catsup.*

Put a layer of fresh mushrooms in a deep dish; sprinkle a little salt over them; add successive layers of mushrooms and salt, till you get them all into the dish. Let them remain a number of days, then mash them fine, and to each quart put a table spoonful of vinegar, half a tea spoonful of black pepper, and a quarter of a tea spoonful of cloves. Turn the whole into a stone jar, set it into a pot of hot water, and boil it a couple of hours. Strain without squeezing the mushrooms. Boil the juice a quarter of an hour, and strain it well. When cold, bottle, cork, and seal up tight, and keep it in a cool place.

82. *Walnut Catsup.*

Procure the walnuts when so tender that a pin will pierce them easily. Keep them in salt and water for a week. Take them out of the salt and water, bruise them, and turn on them sufficient scalding-hot vinegar to cover them. Let them remain several days, stirring them up well each day; then boil them for a quarter of an hour, adding a little more vinegar; strain the whole through a thick cloth so that none of the coarse particles of the walnuts will run through; season the vinegar highly with pepper, cloves, allspice, and salt. When cold, bottle and seal up tight, and keep it in a cool place.

83. *To Mix Mustard.*

Mix it smooth, with a very little cold vinegar—having it of a consistent paste—a tea spoonful of sugar, a salt spoonful of salt to half a cup of the mustard, then thin it with scalding-hot vinegar. If mixed without scalding, it has a raw taste.

84. *Curry Powder.*

Mix an ounce of ginger, one of mustard, one of black

pepper, three of coriander seed, the same quantity of turmeric, a quarter of an ounce of cayenne pepper, half an ounce of cardamums, the same of cummin seed and cinnamon. Pound the whole fine, sift, and keep it in a bottle corked tight.

85. *Essence of Celery.*

Steep an ounce of celery seed in half a pint of vinegar. A few drops of this will give a fine flavor to soups, or sauces for poultry.

86. *Herb Spirit for Soups.*

Those who like a variety of herbs in soup, will find it convenient to have the following preparation. Take, when in their prime, part or the whole of the following sweet herbs: thyme, sweet marjoram, sweet basil, and summer savory. Dry, pound, and sift them; steep them in brandy for a fortnight; the spirit will then be fit for use.

SOUPS.

87. *General Directions for Soups.*

Allow a pound of uncooked meat to a quart of water. Put the meat into the water before heating it, and boil it gently; furious boiling hardens the meat, and prevents it from yielding its juices. Thicken the soup with rice, barley, or vermicelli. Season the soup with salt and pepper, adding spices, or sweet herbs, if you think they will be acceptable to those who are to partake of the soup. The meat, if fat, should be boiled the day previous to making the soup, to let the liquor get cold, in order to remove all the fat from it. A soup may be made of all kinds of fresh meat, when boiled, if it has not been previously cooked. Rare done roast beef and beefsteak can be made into a good soup, if care is taken not to put a great deal of water to the meat. Some cooks put a variety of vegetables into soups, but as they are not liked by everybody, particularly onions, it is a better plan to boil and serve them up separately, and those who like can add them at the table.

88. *Plain Veal Soup.*

A leg of veal, after part has been cut off for cutlets, can be made into a good soup; also the shoulder. Boil it with two-thirds of a cup of rice, season it with pepper and salt, and add sweet herbs, or a little celery, if you like; some cooks add onions and carrots. The soup should not be seasoned with herbs until after the veal is taken up. If pork has been boiled with the veal, the liquor should remain until cold, in order to have the fat skimmed off.

89. *Mock Turtle, or Calf's Head Soup.*

Boil the head till very tender, then take it up, strain the liquor, and set it away until the next day. Then skim off the fat, cut up the meat, together with the lights, and put them into the liquor, and stew the whole gently for half an hour. Season the soup with salt, pepper, and sweet herbs; add cloves or curry powder, if you want it seasoned highly, and, just as you take it up, stir in half a pint of white wine. If you wish for force meat balls in the soup, they should be prepared and added to the soup when put on to boil. See the following receipt for making them.

90. *Force Meat Balls.*

Chop lean veal fine, together with a little raw salt pork; season the meat with salt, pepper, curry powder, or cloves. make it up into balls of the size of half an egg, boil part in the soup fifteen minutes, and fry the remainder, and serve up in a separate dish. For beef soup prepare in the same way, substituting beef for veal.

91. *Beef Soup.*

The shank of beef is the best part for soup. Cold roast beef, with the bones, or beefsteak, can be made into good soup. Boil the shank four hours in sufficient water to cover it. Then take up the meat; let the liquor remain until the next day, in order to remove the fat which will then have risen to the surface in a solid mass. After taking off the fat, boil it with a cup of rice, or maccaroni broken into small bits; season it with salt, pepper, and a table spoonful of tomato catsup if you have not catsup, you may add a

little powdered cloves. Boil the whole together, till the rice is soft. If you like, boil onions or force meat balls in the soup; the latter will cook sufficiently in the course of fifteen minutes.

92. *Chicken and Turkey Soup.*

Let the liquor in which the poultry has been boiled remain until cold, then skim off the fat, and put with it half a cup of rice, unless there was some boiled in it with the poultry. When hot, season to the taste with salt, pepper, and sweet herbs. A few heads of celery, boiled with it, gives it a fine flavor. Add, on removing from the fire, crackers or toasted bread cut into small pieces.

93. *French Vegetable Soup.*

Take the liquor in which a leg of mutton or lamb has been boiled, skim off the fat, and to three quarts of the liquor put six onions, six potatoes, tomatoes, and carrots, sliced up. The carrots should boil in the liquor a short time before adding the other vegetables, as they require more cooking. Season it with salt and pepper.

94. *Tomato Soup.*

Take the remains of any roast meat you may happen to have, or beefsteak; boil it with more than sufficient water to cover it. When quite tender, take it out of the liquor, cut off all the fat, cut up the lean into small pieces, put it into the liquor, together with skinned ripe tomatoes, in the proportion of a dozen to three quarts of the liquor. Boil the whole together for three quarters of an hour, season it while boiling with a large spoonful of sugar, pepper, and salt, and add cloves if you like.

95. *Oyster Soup.*

Separate the oysters from the liquor; rinse the oysters in cold water, in order to get off the bits of shell which adhere to them; strain the liquor, and to each quart of it put a pint of milk, or water. Set it where it will boil, and thicken it when it boils with a little flour and water mixed smoothly together; season it with pepper, add a little vinegar, if you like, then put in the oysters, and let them be in just long

enough to get scalded through; otherwise they will be hard. Add salt after taking up the soup; if added before, it will shrink the oysters. Serve up the soup with crackers.

96. *Pea Soup.*

If dry peas are used for soup, it will be necessary to soak them over night in a warm place, using a quart of water to each quart of the peas. Early the next morning, boil them an hour, putting in a tea-spoonful of saleratus a few minutes before removing them from the fire. Take them up, put them into fresh water, and boil them until tender, which will not be under three or four hours, boil with them a pound of salt pork; it should be taken up as soon as tender. Green peas need no soaking, and only an hour's boiling, together with salt pork.

97. *Portable Soup.*

Take the liquor in which beef or veal has been boiled, remove all the fat, and boil the liquor till of a thick, glutinous consistency. Season it highly with salt, pepper, cloves, and allspice, add a little brandy, and turn it on to platters, having it not over three quarters of an inch in thickness. When cold, cut in pieces about three inches square, set them in the sun to dry, turning them frequently. When perfectly dry, put them in an earthen vessel, with a piece of white paper between each layer. If the directions are strictly attended to, these cakes will keep good a long time. Whenever you wish to make a soup, take one of them for a quart of water, heat it scalding hot, and it is nice soup. You may add vegetables to it, if you like.

VARIOUS METHODS OF COOKING EGGS.

98. *Boiled Eggs.*

Drop them into boiling water, and, if liked soft, boil them not over three minutes. If you wish them sufficiently hard to cut in slices, they should boil five minutes. Another way

is to break the shells and drop the eggs into a pan of scalding-hot water, with a little salt in, to season the eggs; let them remain until the white has set, then put the pan on the fire; when the water boils up, the eggs are sufficiently cooked. They are nice for invalids in this way, and look very prettily, the yolk being just visible through the white. If not used for a garnish, serve them up on buttered toast.

99. *Poached Eggs.*

Break the eggs into a dish, beat them into a froth, and put them into a pan, with a little melted butter and salt. Set the pan on a moderate fire, and stir it constantly till it thickens, then turn it on to buttered toast.

100. *Omelet.*

Mix a large spoonful of flour with a cup of milk, stir in the milk by degrees, so that it will not be lumpy; stir into it a large spoonful of melted butter, a tea-spoonful of salt, and six eggs; the whites and yolks previously separated, and beaten to a froth. Heat a little butter in a frying or a tin-pan, turn in the omelet, and cook it slowly, stirring it constantly till it begins to thicken, then let it remain till brown on the under side; when brown take it up, by laying a flat dish on the pan, and turning it upside down. The omelet should be cooked in a pan of the right size, to have the omelet full an inch in thickness. Another method is to mix finely-minced ham or corned beef with eggs beaten to a froth, in the proportion of three ounces of meat to a dozen eggs. If the meat is not fat, add a little melted butter. Cook it in the same way as the first omelet.

101. *Welsh Rare-Bit.*

Grate the cheese, and put it in a pan, with a tea spoonful of mixed mustard, and a little pepper: if the cheese is not quite rich, add a little melted butter. Heat it on a moderate fire, stir it till it melts, then let it remain till brown. Serve it up as soon as brown on buttered toast.

FISH.

102. *Directions for Fish.*

If fish are fresh, the eyes will be full, the gills red, and the flesh firm and stiff. If the flesh is flabby, the eyes sunken, they are stale. They should be thoroughly cleaned when first procured, and washed in just sufficient water to cleanse them; if much water is used to wash them, the flavor will be diminished. Sprinkle salt in the inside, and if they are to be broiled, add pepper; keep them in a cool place till you wish to cook them. Most fish are the best broiled, or boiled, the day after they are caught. Fresh-water fish are apt to have an earthy taste, which may be removed by soaking them in salt and water after cleaning. Most kinds of salt fish should be soaked in cold water, ten or twelve hours before cooking them.

103. *Directions for Broiling Fish.*

Fish for broiling are best to remain a number of hours after having salt and pepper sprinkled on them. Have the bars of the gridiron rubbed with a little butter, and place the inside of the fish down on the gridiron, and nearly cook it before turning it; butter the skin before turning it towards the fire. Broil the fish slowly and butter it after placing it on the platter.

104. *Boiled Fish.*

Fish for boiling should be either laid on a fish strainer, or sewed up in a cloth; if not, it is very difficult to take it out of the pot without breaking it to pieces. Put the back bone down in the pot, and to eight or ten pounds of the fish put half a cup of salt. The water should be cold when the fish are put in the pot; if hot, the outside will get tender and break to pieces before the inside is sufficiently cooked. Boil the fish till you can draw out one of the fins easily. Most kinds of fish will boil sufficiently in the course of half an hour; some in less time. Serve up the fish with drawn butter or liver sauce; see directions for making, No. 73. Do not lay the fish over each other on the platter, as the steam from the under ones will make those on top so moist that they will break to pieces when served out. Great care and

punctuality is necessary in cooking fish to be good. They should be eaten as soon as cooked. For a garnish to fish, use parsley, lemons, or hard boiled eggs, cut in slices.

105. *Fried Fish.*

After cleaning and washing the fish, lay them on a towel to absorb all the moisture. When thoroughly dried, rub over them flour or Indian meal; use no salt to them, as it will prevent their browning well. If you have salt pork, fry a few slices; take them up, and put in the fish, and fry them till quite brown on both sides. The fat should be quite hot when they are put in. If you have not pork, use lard or beef drippings for frying; but do not use butter, as it gives them a bad taste and dingy color. When you have taken up the fish, mix a little flour and water smoothly together, and stir it into the fat in which the fish was fried. Season the gravy with pepper and salt, and if you wish a very rich gravy, add a little butter, wine, and catsup, or spices; turn it, when it boils up, on the fish.

106. *Chowder.*

Clean the fish, and cut it up into a number of slices. Fry six, or more, slices of pork, if the chowder is to be a large one; take them up, and put in the pork fat a layer of the fish, several bits of the fried pork, crackers that have been soaked tender in cold water, season with salt and pepper, and add onions and spices to it, if you like. This process repeat till you get in all the fish required for the chowder; then turn in sufficient cold water to cover the whole, and stew the fish from twenty-five to thirty minutes. When you have taken the fish out of the pot, thicken the gravy with mixed flour and water, add a little butter, and if you want it rich, stir in half a pint of white wine, or a large spoonful of catsup. Bass and cod are the best fish for chowder. Black fish and clams make tolerably good ones; the hard part of the clams should be thrown away.

107. *Baked Fish.*

Fresh cod, bass, and shad, are suitable fish for baking. For a dressing for the fish, soak bread in cold water, drain it off when the bread becomes soft, mash it fine, and mix

with it a large spoonful of melted butter, salt, and pepper; add spices, if you like. A couple of uncooked eggs, mixed with the dressing, makes it cut smoother. After cleaning the fish, fill them with the dressing, sew them up, and lay them in a baking-pan, with half a pint of cold water, a little butter, and salt. Bake the fish from forty to fifty minutes.

108. *Codfish.*

Fresh cod are good cooked in any way, excepting broiled they are too dry a fish to broil. Salt codfish should be soaked in lukewarm water; if it gets scalding hot, the fish will become hard. When tender, take it out of the water, put it in cool water, and scrape off the skin, and put it into fresh water, and set it where it will keep just lukewarm. It takes from three to four hours to soak salt cod tender. Serve it up with drawn butter. Salt codfish, when soaked tender, is nice minced fine and mixed with mashed potatoes. Some chop them, but they are not as good. Warm up with just sufficient water to moisten, and add considerable butter. A nice dish for breakfast may be made as follows: Pull the fish into small strips—if cut, it will be hard—and soak it about half an hour in lukewarm water; then drain off the water, and put to it some milk and butter; three or four eggs improve it. Set it where it will get hot but do not let it boil, or it will harden. Turn it on to buttered toast. Another way is, to take a thick part of the fish and lay it on a few coals till brown, then soak it in lukewarm water a few minutes, to freshen it. Lay it on a plate, and butter and pepper it.

109. *Cod Sounds and Tongues.*

Soak them in lukewarm water three or four hours, then scrape off the skin, cut them in two, and stew them in milk. Just before taking them up, stir in a little butter and flour.

110. *Halibut.*

Is nice cut in slices, salted, and peppered, then broiled or fried. The fins and thick part are good boiled.

111. *Black Fish.*

They are the best boiled, or fried. They will do to broil, but are not so good as when cooked in any other way.

112. *Salmon.*

When fresh, the gills and flesh are of a bright red, and the fish stiff. Salmon requires more boiling than most kinds of fish. For broiling, cut it in slices nearly two inches thick, have the bars of the gridiron greased with lard or butter, broil the fish slowly, and do not turn till nearly done.

113. *Shad.*

Fresh shad are good baked or broiled, but much the best broiled. For broiling, sprinkle on salt and pepper in the inside when cleaned, and let them remain a number of hours. If fresh, they may be kept eight or ten hours in a cool place. The spawn and liver are good fried or boiled. Salt shad for broiling should be soaked ten or twelve hours in cold water; for boiling they need not be soaked only long enough to enable the scales to be removed easily, unless liked quite fresh; if so, soak them in lukewarm water for an hour.

114. *Mackerel.*

If fresh, simmer them fifteen minutes in a little water with salt. Do not let them boil hard. If salted, soak them in cold water half a day before broiling; for boiling, let them lay in hot water half an hour.

115. *Sturgeons.*

Are good baked or broiled, but better fried. Boil the sturgeon fifteen minutes previous to baking, to extract the oily, strong taste which they are apt to have. The part next to the tail is the best for frying or baking; when baked, put a quart of water in the baking-pan. Sturgeons are nice cooked in the following manner: cut the fish in slices nearly an inch thick, put them in a frying-pan where some slices of pork have just been fried; when fried brown, take the fish up, stir in a little flour and water mixed smoothly together, season the gravy with salt, pepper, and catsup, add, if wanted rich, a little butter and wine. Put the sturgeon back into the pot, and stew it a few minutes in the gravy. While the sturgeon is cooking, make force meat balls out of a reserved portion of the fish, fry and use them as a garnish for the fish.

116. *Fish Force Meat Balls.*

Chop a little uncooked fresh fish with salt pork, mix with them a couple of raw eggs, a few fine bread crumbs, and season with pepper and spices, if you like. Do the mixture up into small balls, and fry them until brown.

117. *Fish Cakes.*

Chop cold fresh fish that has been previously cooked with raw salt pork, mix with bread crumbs two or three raw eggs, season the mixture with salt and pepper, and mould it up into small cakes, and fry till brown in lard. Cold salt cod-fish may be chopped with potatoes, moistened with a little water, a little melted butter added, and moulded into small cakes. Flour the hands, to prevent their sticking to them. Have pork-fat in your frying-pan quite hot, then put them in, and fry till brown on both sides. This is an easy way of making them, when you have cooked potatoes; but they are the best to have the potatoes fresh boiled, and mashed, instead of being chopped; mix them with the fish, and add butter and water to moisten the whole; then take up a portion of the fish in a table spoon, mash it down compactly with a knife, and scrape it out with the knife into the frying-pan, so as to form a small cake. This repeat till you get the pan full. The fat for them, as well as for all other kinds of fish, should be quite hot when they are put in, or they will soak up the fat and be greasy, and not brown.

118. *Lobsters and Crabs.*

Put them, while alive, into boiling water, and cook them from half to three quarters of an hour, with half a cup of salt to every four pounds of the fish. When the small joints of the lobster will come off easily, they are sufficiently done. When cold, crack the shells, take out the lobster, taking care to extract the blue veins and what is called the lady, as they are unhealthy. They may be served up cold with lobster sauce; or warmed, with pepper, salt, butter, and vinegar. The following way of preparing the lobster has a very pretty appearance: pick out the spawn and red chord, mash them fine, and mix with them a little butter and salt. Cut the lobster into square pieces, warm it with a little vinegar, together with the spawn. When hot, put it on a dish, and

garnish it with parsley and hard boiled eggs; cut it in slices. Crabs are prepared for eating like lobsters.

119. *Scollops.*

Boil them, and take them out of the shells; when boiled, pick out the hearts and throw the rest away, as the heart is the only part that is fit to eat. They are good pickled like oysters after boiling, or fried. Dip them in flour and fry them brown. They are also good stewed, with a little water, salt, and pepper; add butter when you remove from the fire.

120. *Trout.*

These, as well as all other kinds of fresh fish, are apt to have an earthy taste. It can be removed by soaking them in salt and water for a few minutes after cleaning. They may be boiled, broiled, or fried; the small ones are the best fried. They are also good stewed, with a little water and bits of salt pork.

121. *Clams.*

Wash and put them in a pot, with just water to prevent their burning at the bottom of the pot. Heat them till the shells open, then take them out and warm them up, with a little of the clam broth; season with salt and pepper, add butter when you take them up, have a couple of slices of buttered toast in the dish with the clams, putting in enough of the broth to soak the toast. Long clams, if large, are nice taken out of the shells and broiled.

122. *Clam Pancakes.*

Mix flour and milk together, so as to form a thick batter, to each pint of the milk put a couple of eggs and a few clams. If they are quite small, stew them and put them in whole; if large, take them out of the shells, without stewing, and chop them; season the batter with salt and pepper, and drop it, by the large spoonful, into hot fat. Some cooks use the clam liquor, instead of milk, for pancakes, but it does not make them as light as the milk.

123. *Eels.*

If small, are the best fried; if large, split them open,

salt, and pepper. and cut them into pieces of about a finger's length. Let them remain several hours before broiling.

124. *Stewed Oysters.*

Strain the liquor, and rinse off the bits of shell that adhere to the oyster. Heat the liquor with the oysters; if there is not much of it, a little water may be added. As soon as scalding hot, turn them on to buttered toast, and season with salt and pepper. They should not be allowed to boil, and no salt added to them till cooked; if so, they will shrink and be hard. Oysters should be eaten as soon as cooked.

125. *Fried Oysters.*

Take those that are large. dip them in beaten eggs, then in flour, or fine bread crumbs, and fry them in lard. They are also good dipped into a batter like that for oyster pancakes, and then fried. They are a nice garnish for fish. They can be kept for several months, if fried when first caught, seasoned well with salt and pepper, then corked up tight in a bottle. Whenever they are to be eaten, warm them in a little water.

126. *Oyster Pancakes.*

Mix equal quantities of oyster juice and milk, and to a pint of the mixed liquor put a pint of wheat flour, a couple of beaten eggs, a little salt, and a few of the oysters. Drop by the large spoonful into hot lard.

127. *Oyster Pie.*

Line a deep pie plate with pie crust, fill it with dry pieces of bread, cover it with nice pastry, and bake it in a quick oven till of a light brown. Have the oysters stewed and seasoned just as the pastry is baked. Take off the upper crust, remove the bread, and put in the oysters; cover with the crust, and serve up while hot.

128. *Scolloped Oysters.*

Pound crackers or rusked bread fine. Then butter scolloped shell or small tin pans, put in alternate layers of the crumbs and oysters, having a layer of the crumbs on the

top. Season them with salt and pepper, and add a little butter, and enough oyster juice to moisten the whole. Bake them till brown.

129. *Pickled Oysters.*

Scald the oysters, without boiling, in their own liquor. Take vinegar that is not very sharp—if so, weaken it—heat it scalding hot, with cloves, pepper corns, and mace. When the oysters and vinegar are both lukewarm, mix them. They are said to look very nice and white pickled as follows: take them out of the liquor, and rinse them in a great deal of water, then scald them, without boiling, in a little salted water. Heat vinegar with spices; if they are to be eaten immediately, turn it on hot; if not, they are better to have it get cool. The oyster broth may be made into a soup. If pickled oysters are not to be eaten immediately, they should be put into bottles and corked up tight.

130. *To Pickle Shad.*

Mix one pound of sugar, a peck of rock salt, two quarts of blown salt, and a quarter of a pound of saltpetre. This quantity will pickle twenty-five shad. Put a layer of the mixture at the bottom of a keg, then a layer of shad with the skin-side down. They should previously be cleaned; then add successive layers of shad and mixture, having the salt mixture on the top. Put a heavy weight on the brine. In the course of a week, if there is not sufficient brine formed to cure the shad, make some more and turn it on them.

131. *Soused Mackerel.*

When cleaned, boil them in salt and water. Take them out of the water, and take of it about half enough to cover them; mix it with an equal quantity of vinegar. Heat it scalding hot, with a few pepper-corns and cloves, and turn it on to the fish. They will be sufficiently pickled in the course of three days.

132. *Pickled Trout.*

If the trout are large, they should be cut into a number of pieces. Boil them with salt in the water. Lay them in cold vinegar, with whole cloves, allspice, and pepper-corns

between each layer of fish. Keep them in a stone jar, in a cool place.

133. *Pickled Salmon.*

Cut it into a number of pieces, and boil it in salt and water, until sufficiently cooked to eat. Take sufficient vinegar to cover it, put to three quarts of it an ounce each of whole allspice and pepper-corns; scald them in the vinegar; when strongly spiced, take it from the fire; when cold, turn on to the salmon.

134. *Pickled Lobsters.*

Boil them in the usual manner, take them out of the shells, and cut them into pieces two or three inches long. Take sufficient vinegar to cover the lobsters, boil it fifteen minutes with salt and whole cloves, allspice, and pepper-corns, then put in the lobsters, and boil them a few minutes. Put them in a jar, cover and keep them in a cool place.

VEGETABLES.

135. *Potatoes.*

Potatoes, when new, should be put into boiling water, and boiled constantly till done, and eaten as soon as cooked, as they grow hard by remaining long. If old, they are improved by turning off the water as soon as they become tender, and the pot, with the lid off, placed where they will keep warm, and steam for a few minutes before eating. They are also much better for being pared before boiling, if old, and a little salt cooked with them. New potatoes will boil sufficiently in the course of twenty minutes; if old, more time will be required. They should not lie soaking in the water without boiling; if so, they will not be mealy. Sweet potatoes require much more cooking than the Irish potato; they are better baked than boiled. Old and poor potatoes are much improved by being mashed when boiled, moistened with a very little milk, seasoned with salt and a small piece of butter, and put in a pot, and steamed for a few minutes on a moderate fire: the lid of the pot should be off. Some cooks put them in a dish, and brown them on top in an oven; they look nice in this way, but do not taste so well as

when steamed, as they are rendered clammy by the moisture being baked in. Fresh boiled potatoes are nice sliced while hot and fried, much better than when allowed to get cold. They are very good for breakfast prepared as follows: peel raw potatoes, cut them in thin slices, boil them in very little water; there should not be any water left when cooked, but if you get too much in, turn it off when they become tender, stir in a little milk, salt, and a small bit of butter; when scalded in, serve them up.

136. *Warmed-Over Potatoes.*

Cold mashed or whole potatoes are good cut in slices and fried until brown, with a little salt sprinkled over them. They also make a good dish for breakfast, cut into small bits and warmed up in milk, and seasoned with salt. They should stew in the milk from fifteen to twenty minutes, so as to be quite tender; add, on taking from the fire, a small bit of butter.

137. *Turnips.*

Boil them till tender, peel and mash them, season with salt, and a little butter. White turnips will boil sufficiently in the course of half an hour. Yellow turnips require about two hours boiling; if large, cut them in two previous to cooking. The tops of white turnips make a good salad.

138. *Beets.*

Beets should not be cut or scraped previous to boiling, as the juice will run out and make them insipid. In summer, when young, they will boil tender in the course of an hour; the tops are good boiled with the roots, when quite small, for greens. In winter they require three hours boiling.

139. *Parsnips.*

Wash and split them in two, lay them in a pot with the flat side down, turn on sufficient water to cover them. When boiled tender, scrape off the skin and butter them. When boiled whole, the outside gets cooked too much before the inside becomes tender. Boiled parsnips, when cold, are good fried brown.

140. *Onions.*

Peel and boil them in milk and water, with a little salt. If boiled in water, they will not look white. When tender, take them up and butter them.

141. *Summer Squashes.*

If young and tender, they may be boiled whole; if not, pare, quarter, and take out the seeds. When boiled tender, take them out of the water, put them in a strong cloth, and press out all the water. Mash them; salt and butter to your taste.

142. *Winter Squash.*

The neck is the best part; cut it in narrow strips, take off the rind, and boil till tender, with salt; then drain off the water, and let the squash steam over a moderate fire a few minutes. It is good not mashed; if mashed, add a small bit of butter. The winter squash makes a much better pie than pumpkins.

143. *Cauliflowers.*

The white cauliflowers are the best. Take off the outside leaves, and cut the stalk close to the leaves. Let them lie half an hour in salt and water before cooking. Boil them from fifteen to twenty minutes, according to their size. They are the best boiled with milk mixed with water, but water alone will answer. A little salt should be boiled with them.

144. *Boiled Cabbage.*

Pull off the loose leaves, cut the stalky part in quarters, to the heart of the cabbage, and boil it an hour, with half a large spoonful of salt. If boiled with corned beef, no salt will be required, as the beef will season it.

145. *Slaw.*

For cold slaw, nothing more is necessary than to cut it into small strips, and let it lie in cold water for half an hour before eating. It should be cut up in the same way for hot slaw, leaving out the stalky part. Melt in a pot a piece of butter of the size of a hen's egg, or beef drippings; when

hot, put in the cabbage, and stir it constantly with a spoon over a moderate fire till tender, which will be in the course of twenty minutes; season it with salt and pepper. When tender, add about a cup of vinegar, let it just scald in, then take it out of the pot immediately, or it will turn a dark color.

146. *Cabbage Salad.*

Chop the cabbage, leaving out the stalky part and the loose coarse leaves. After rinsing in cold water, mix in salt in the proportion of two large spoonfuls to each cabbage; let them remain a couple of hours, then drain off the brine, and turn on a dressing made in the following manner: Beat four eggs to a froth, mix them with a pint of vinegar, and stir with a spoon over a moderate fire till of a thick consistency and scalding hot. Take it from the fire before it boils, mix with it a large spoonful of mixed mustard, two tea spoonfuls of black pepper, two tea spoonfuls of salt, and half a cup of salad oil or melted butter. Do not mix it with the cabbage till it gets cold. Cabbage in this way is very nice, and may be kept several weeks if put in a cool place.

147. *Asparagus.*

Cut off the white part of the stalk, and throw it away. If the lower part of the stalks are tough, cut them in slices, and boil them a few minutes before adding the upper part. Lay the remainder compactly together, tie it carefully in small bundles, and boil it from fifteen to twenty minutes. A little salt should be boiled with the asparagus. Have a slice of buttered toast cut into small pieces in your asparagus dish before putting in the asparagus. Turn a little melted butter over the whole, or the following gravy, which is still better: To half a cup of the liquor in which the asparagus was boiled, put the same quantity of milk; let them scald up, then add a little butter, and turn it over the asparagus.

148. *Peas.*

Peas are best when fresh gathered, and not shelled till just as they are to be boiled. Cook them with salt, and if not quite young, they are improved by boiling saleratus with them, in the proportion of half a tea spoonful to a peck of

peas. Take them out of the water with a skimmer, and butter them.

149. *Sweet Corn.*

Corn is much the sweetest when boiled on the cob. It requires boiling from twenty to thirty minutes varying with age. For succotash, cut it from the cob, and boil it with Lima beans and a piece of salt pork. The beans and pork should be boiled half an hour before putting in the corn.

150. *Green Corn Cakes.*

Mix a pint of grated sweet corn with three table spoonfuls of milk, a tea cup of flour, a large spoonful of melted butter, a tea spoonful of salt, a little pepper, and one egg. Drop this mixture by the large spoonful into your frying-pan, and fry them till brown: use butter for frying. These are nice served up with meat for dinner.

151. *Hominy.*

Rinse it thoroughly in cold water; if large ground, boil it about five hours, with a quart of water to a pint of the hominy. Turn off all the water, and add a little salt and butter. The small ground will cook in less time. Hominy is nice when cold, cut in slices and fried.

152. *French, or String Beans.*

Take off the strings; if old, cut off the edges and through the centre. Boil them with salt, and a little saleratus added preserves their green color, and renders them more digestible; a quarter of a tea spoonful to half a peck will be sufficient. If young and tender, they will boil sufficiently in the course of half an hour. Butter them after taking out of the liquor.

153. *Baked Beans.*

The small white beans are the best for baking; the large kind answer very well. Pick out the colored and bad ones, wash and soak them over night in lukewarm water, allowing three quarts of water to three pints of the beans. Early the next morning, set them where they will boil, with

a tea spoonful of saleratus, to render them healthful. When they have boiled a few minutes, take them out of the water with a skimmer, and put them in an earthen jar or crock; (a tin pan can be used for baking them, but is not so good as earthen.) Gash about a pound of pork in narrow strips, so that it can be sliced when baked; put it with the beans in such a way that all but the rind will be covered. Turn in water till you can just see it at the top. Bake the beans at least three hours in a hot oven: they are better for remaining in four or five hours. The pork should be taken out of the beans when it becomes tender, and the rind crispy. The beans should have considerable salt mixed in with them when put into the baking pot. The white beans are good prepared as for baking, and boiled with pork, and a large proportion of water.

154. *Greens.*

White mustard, spinach, water cresses, cowslips, young dandelions, and the roots and tops of very small beets, are nice for greens. If not fresh and plump, soak them in salt and water for half an hour previous to cooking. Boil them with a little salt in the water, until they sink to the bottom of the pot.

155. *Salads,*

To be in perfection, should be fresh gathered, and put in cold water for an hour before eating. Drain off the water, and serve it up without any dressing, letting those who are to partake of it prepare it to suit their own taste. Have on your table sweet oil or melted butter, mustard, vinegar, and sugar. The following sauce is a nice accompaniment to salad: Boil a couple of eggs three minutes, mix them with two tea spoonfuls of made mustard, a tea spoonful of salt, a little black pepper, half a cup of salad oil or melted butter, and a tea cup of vinegar.

156. *Cucumbers.*

They should not be picked over a day previous to eating.

Pare and slice them, let them lie in fresh cold water for as much as twenty minutes before eating, to make them crisp, and extract the slimy matter which renders them insipid. Serve them up with pepper, salt, and vinegar.

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157. *Mushrooms.*

Mushrooms may be distinguished from toad stools by their being pink on the underside, and skinning easily. Much care is necessary in selecting them, as persons have been frequently poisoned by mistaking toad stools for them. Cut off the lower part of the stem, as it is apt to have an earthy taste. For broiling, pull off the skins, season with salt and pepper, and butter them when broiled. They need not be skinned for stewing; have just sufficient water at the bottom of the pan to prevent their burning, and shake them occasionally while stewing. Stew them slowly, and when tender season them with salt, pepper, and butter; some cooks add spices and wine. Take them up as soon as seasoned.

158. *Egg Plant.*

Boil them a few minutes, to extract their bitter flavor, then cut them in thin slices, sprinkle salt between each layer, and let them remain for half an hour. Fry them brown in lard. If you wish to have them particularly nice, dip the slices in the yolk of an egg, sprinkle on pepper and salt, cover them with fine bread crumbs, then fry them.

159. *Celeriac.*

This is an excellent vegetable, but is little known. The stalks can hardly be distinguished from celery, and it is much easier cultivated. The roots are good boiled tender and put into soups or meat pies, or sewed up with meat, prepared as follows: Scrape and cut them in slices, and boil till tender; then take them out of the water, and stew them a few minutes in milk, with a little salt. Add a little butter when dished up.

160. *Salsify, or Vegetable Oyster.*

Boil them in water till tender, then scrape off the skin, cut them in slices, and stew a few minutes in milk, with salt; add butter when removed from the fire. Another mode of cooking is, to mix the salsify previously boiled and sliced up, with a batter of wheat flour, salt, eggs, and milk, and dropped by the spoonful into hot fat, and fried till brown.

161. *Tomatoes.*

They should be fully ripe; and to make them skin easily turn on boiling water, and let them remain in it four or five minutes. When peeled, put them in a stew pan. If not quite ripe and juicy, put in a very little water to prevent their burning. When they have stewed a few minutes, they are improved by turning off part of the juice. Season them with salt, pepper, and sugar, in the proportion of a couple of tea spoonfuls of sugar to half a peck of tomatoes. Stew them half an hour, then turn them on to buttered toast. They are considered very nice by epicures cooked as follows. Skin and lay them in a deep dish, with alternate layers of bread crumbs; season each layer with salt, pepper, a little sugar, a small bit of butter, and add cloves if you like. Have a layer of bread crumbs on top, and bake three-quarters of an hour.

162. *Ochra.*

Take an equal quantity of young tender ochra, chopped fine, and ripe tomatoes skinned, two onions cut in slices, and a small lump of butter; stew it till tender with a large spoonful of water. Season, while stewing, with salt and pepper.

163. *Maccaroni.*

Mix equal quantities of milk and water, and to a quart put a couple of ounces of maccaroni and a tea spoonful of salt. Stew it till tender; then cut it into small pieces, and butter it.

164. *Rice.*

Allow, for a pint of rice, a couple of quarts of water, and a large spoonful of salt, for boiling. If the water boils when the rice is put in the pot, it will (if it boils constantly) be soft in the course of half an hour. It is much improved by turning off the water as soon as it becomes tender, and stirring in milk in the proportion of two-thirds of a pint to a pint of rice. Let it scald in over a very moderate fire, stirring it frequently, to keep it from burning. Rice should be rinsed in several waters before cooking. The Southern mode of boiling rice is to allow the same proportions of water and rice as in the preceding directions, boiling it

seventeen minutes, then turning off the water, and setting the pot where the rice will steam, without burning, for fifteen minutes. The water should boil when the rice is put in, and not allowed to stop; and the lid of the pot should be off when it is steamed. If the above directions are strictly attended to, it will have a very pretty appearance. each kernel standing out separated from the rest. But it is not so healthful a mode as the first, it being so dry as to swell after it is taken into the stomach, producing indigestion. The water which is turned off from the rice while boiling, is good to stiffen muslins. Boiled rice, when cold, is good cut in slices about an inch thick, floured and fried until brown; it can also be made into nice cakes for breakfast, with the addition of wheat flour, three or four eggs, and milk, to make a thick batter. There should be one-third wheat flour to two-thirds of the rice, to have the cakes fry well.

PICKLES.

165. *Directions for Pickling.*

Vinegar for pickling should be good, but not of the sharpest kind. That made of cider is the best. Brass, copper, and tin utensils only should be used for pickling. The two first should be thoroughly cleaned just before they are used, and the vinegar, when heated, not allowed to cool in them, as the rust formed in consequence is very poisonous. Boil alum and salt in the vinegar, in the proportion of a large spoonful of the first, and half a tea cup of the last, to three gallons of vinegar. Boil part or all of the following spices in the vinegar: pepper corns, cloves, allspice, and mace. If you do not care about spicing all the pickles, a jar of spiced vinegar may be kept, in which you can put a few pickles from one time to another, as required. Vinegar for pickling with spices, should not be allowed to boil but over five or six minutes. Stone and wooden utensils are suitable for pickles; they should not be left in glazed earthenware, as it contains lead, which combines with the vinegar and renders it poisonous. All kinds of pickles should be stirred up occasionally, and if there are any soft ones, pick them out,

and throw them away; scald the vinegar, and turn it on the pickles while hot. Whenever any scum rises, the vinegar should be scalded. If it is weak, throw it away, and add fresh, with more salt and alum.

166. *Pepper Vinegar.*

Cut off the stems of a dozen ripe pepper pods, split and boil them in three pints of vinegar, until reduced to one quart, then strain it through a sieve. A little of this mixed with the vinegar used for pickling, imparts a fine flavor to the pickles, being much superior to black pepper. It is also very nice to season salads, sauces, and catsups.

167. *Peppers.*

Procure those that are fresh and green. If not liked very fiery, extract the seeds with a small knife, cutting a slit in them, taking care not to mangle the peppers. Soak them eight or nine days in salt and water, changing it every day. They should be kept in a warm place. If you wished them stuffed, chop cabbage fine, season it with cloves, cinnamon, and allspice, add nasturtions if you like, sew them up carefully, and put them in cold spiced vinegar. Small green tomatoes are good pickled with peppers.

168. *Mangoes.*

Procure them as late in the season as possible, as they are not apt to keep well if pickled early. They should be green; if in the least ripened, they are not fit to use; those that have a smooth rind are the best. Cut a small piece from the side that lay on the ground while growing; take out the seeds, and the outside should be scraped, if rough. Soak them three or four days in salt and water, changing it once, then take them out of the water, sprinkle cloves that are powdered, and pepper, on the inside of them; fill them with nasturtions, strips of horse-radish, radish tops, or very small string beans, and fill up the crevices with American mustard seed. Put on the pieces of melon that were cut off, on each one, bind them on with strips of cloth, and sew them on. Lay the melons in a stone jar, with the part that was cut off uppermost. Put into a gallon of vinegar a large spoonful of salt, about a third of a spoonful of alum, heat it scalding hot, with

pepper-corns in it, and turn it on to the melons. Radish-tops and barberries, or currants, pickled in bunches, all make a pretty garnish for mangoes.

169. *Barberries and Currants.*

The color of barberries is best preserved by drying them. Whenever you wish to use any of them, turn on scalding-hot vinegar, and let them remain in it till they swell out to their original size, which will be in the course of two or three hours. To pickle currants, nothing more is necessary than to select nice ripe bunches, and put them in vinegar sufficiently sharp to preserve their color.

170. *Martinoes.*

Gather when you can run a pin's head in them; wipe and keep them in brine eight or nine days, changing it every other day. Then wipe them, and turn on spiced vinegar scalding hot.

171. *Tomatoes.*

Put them into cold vinegar. When through collecting them, scald vinegar with spices, and turn on them scalding hot. A few peppers that have been pickled put with them, gives a good flavor. Ripe tomatoes put into cold spiced vinegar are nice.

172. *Butternuts and Black Walnuts.*

Nuts for pickling should be so tender as to admit of being pierced easily with a pin. Soak them in salt and water for a week, changing the water several times. Drain off the water, wipe them with a coarse cloth, till they become smooth. To each gallon of vinegar to be used for pickling the nuts, put a tea cup of salt, a large spoonful of powdered cloves and mace mixed, half an ounce of allspice, and pepper-corns. Scald the whole together, then turn it while hot on to the nuts. In the course of a week, turn the vinegar from them, and scald and turn it back on them boiling hot. They will be fit to eat in the course of a fortnight. The vinegar in which they are pickled makes a nice catsup.

173. *Cabbage and Cauliflowers.*

The purple cabbage makes the best pickle. Pull off the loose leaves, quarter the cabbages, put them in a keg. with a layer of salt to each layer of cabbage, and let them remain for nearly a week. Then scald some vinegar with peppercorns, cinnamon, and mace, in the proportion of an ounce each to a gallon of the vinegar; add a little alum, and turn it over the cabbages, in the brine which should remain with them. Cloves and allspice improve the taste of the cabbages, but turn them a dark color. The vinegar should be turned from them four or five times, scalded and turned on to them while hot, to make them tender. If the cabbage is sliced up, less scalding will be necessary. Cauliflowers are pickled in the same manner as cabbages. If cut into bunches, and pickled with beet roots to color them, they have a very pretty appearance.

174. *East India Pickle.*

Chop cabbage, leaving out the stalk, together with three onions, a couple of green peppers, a root of horse-radish to each cabbage. Soak the whole in salt and water for three days, then turn off the brine, and turn on scalding-hot vinegar, spiced with cloves, allspice, and cinnamon.

175. *French Beans and Radish Pods.*

Gather them when small and tender; keep them in salt and water till you have done collecting them. changing the water every three days, then scald them with hot water, with salt in it; when cold, turn off the water, and add to them scalding vinegar that has been spiced. Radish tops, pickled in bunches, are a pretty garnish for other pickles.

176. *Nasturtions.*

Take those that are small and green, put them in salt and water, changing it twice in the course of a week. When you have done collecting them, turn off the brine, and turn on scalding vinegar, with a little alum in, to turn them a good color.

177. *Onions.*

Peel and boil them in milk and water ten minutes. To

a gallon of vinegar, put half an ounce of cinnamon and mace, quarter of an ounce of cloves, half an ounce of alum, and a small cup of salt. Scald the whole, turn the milk and water from the onions, and put them with the scalding vinegar. Keep them covered until cold.

178. *Cucumbers.*

They should be small, green, and of a quick growth, and pickled soon after they are picked, to be very nice. A very good and easy way of pickling, is to put them down with salt, having a layer of the salt to each layer of cucumbers; they should be covered with the salt on the top; let them remain till you are through collecting them, and the weather has become cool. They will have a shrivelled appearance when taken out of the salt, but will swell out to their original size by being soaked in cold water four or five days. The water should be changed every day to freshen them. When freshened, turn off all the water, and scald them in spiced vinegar, with alum to green them; do not let them boil. They should be scalded a number of times to be made brittle. The following method is more troublesome, but it makes more delicate pickles: Turn on boiling water, with a spoonful of salt in it, when fresh picked; let them remain in it four or five hours, then put them in cold vinegar, with alum and salt, in the proportion of a large spoonful of the former and a tea cup of the latter to each gallon of vinegar. When you have finished collecting the cucumbers, turn the vinegar from them, scald and skim it, until clear, then scald the cucumbers in it, without boiling, adding pepper-corns, and ginger-root, sufficient to spice the pickles. A few pickled peppers put in the jar with the cucumbers give them a fine flavor. Whenever any scum rises on the pickles, turn it from them, scald and turn it while hot on to them; if weak, throw it away, and add fresh, with more alum and salt; if there are any soft ones, pick them out and throw them away. Pickled cucumbers need close watching during the warm weather, as they are very liable to spoil.

179. *Mushrooms.*

Peel and stew them, with just sufficient water to keep them from sticking to the bottom of the pan. Shake them

occasionally, to prevent their burning. When tender. put them in scalding-hot vinegar, spiced with cloves, mace, and pepper-corns. If not to be eaten soon, put them in bottles, cork, and seal tight.

180. *Pickled Peaches.*

Take those that are ripe, but not very mellow ; put them in scalding hot water for one minute, then wipe them immediately with a dry cloth, in order to remove the down of the peach-skin. Take good vinegar, but not of the sharpest kind, spice it with cinnamon and mace, and to each gallon of vinegar put three pounds of brown sugar. Put with it the beaten whites of two or three eggs, scald and skim it till clear, taking the kettle from the fire each time it is skimmed. When partly cooled, turn it over the peaches, having them just covered with the vinegar. A gallon of vinegar with three pounds of sugar is sufficient for about a peck of peaches.

181. *Plums and Cherries.*

Allow a pound of white sugar to one of fruit. Put them in alternate layers in a jar, with a little cinnamon or cloves ; cover the whole with good vinegar, and set the jar into a pot of cold water ; put the pot over the fire, and let the cherries remain until the water boils for a few minutes, and the fruit begins to cook. They are also good pickled in the same manner as the peaches, with the exception of scalding in hot water previous to pickling. Keep them in a cool place, covered up tight.

DIRECTIONS FOR BAKING.

182. *Directions for Heating Ovens, and Baking.*

Brick ovens are the best for baking most things, particularly those things which require a long time for baking. Bread is much sweeter baked in them. But as it is a good deal of extra trouble and expense to heat a brick oven, when you have a good one attached to your cooking-stove it will

generally be found preferable to use the latter, and, with care and attention, most things can be baked very well in them. It should be well heated, particularly at the bottom, before setting in the articles to be baked. A new brick oven, before used for baking, should have a fire kept in it for half a day: on removing the fire, shut up the oven, and do not use it till it has been heated again. If not treated in this way, it will not retain its heat well. Light, dry wood, split fine, should be used for heating ovens. Pine and ash mixed are the best. Keep up a brisk fire for about an hour; it should be in the centre, and when burnt down to coals, spread them over the whole surface, and let it remain till they begin to deaden; then sweep them up in a heap, with a broom slightly dampened: remove them with a large shovel. When cleared, throw a little flour into the centre of it; if it turns black in the course of a minute, put up the lid, and wait a few minutes before putting in the things to be baked; if it merely turns brown, set in immediately. The bricks on the top of the oven should look red before clearing. In cold weather, the doors of the kitchen should be kept closed while the oven is being heated. Care must be used to have your oven ready at the right time, particularly in warm weather, when bread is apt to get sour from a little delay in baking it, when light.

183. *Hop Yeast.*

Boil a handful of hops in two quarts of water, till reduced to three pints. Then strain the liquor, and put it back in the pot, and thicken it with a cup of wheat flour, previously mixed smooth with a little cold water. Let it boil three or four minutes, then mix it with about six medium-sized potatoes, that have just been boiled, peeled, and mashed; let the whole stand till lukewarm, then strain it, and put to it a cup of good yeast, and set it where it will keep just lukewarm. When of a frothy appearance, add a table spoonful of salt. Turn it immediately into a jar, keep it covered up, and set it in a cool place. The potatoes may be omitted in making the yeast, but the yeast will not be so lively, nor the bread so delicate. Scald your yeast jar thoroughly, before putting in fresh yeast. If your yeast gets sour, on using it, put a tea spoonful of saleratus in, before mixing it with your bread. If it does not foam up well, it is too stale to use. This

kind of yeast will keep well for a fortnight, excepting in quite hot weather. Yeast cakes are the best to use in summer, as they will keep well for a long time.

184. *Yeast Cakes.*

Make yeast according to the above directions, using a larger proportion of hops. When risen, stir in a little wheat flour, and sufficient Indian meal to enable you to roll them out about half an inch thick. When rolled out, cut them into cakes about three inches square, spread them on shallow pans or platters, and dry them in a shady, airy place. Turn them twice a day while drying; when perfectly dry and hard, put them in a bag, tie them up, and keep them in a cool, dry place. Whenever you wish to use them for bread, they should be soaked in lukewarm water till they become soft. One of them will be sufficient for three or four loaves of bread.

185. *Potato Yeast.*

Take seven or eight fresh-boiled potatoes, peel and mash them while hot. Mix with them half a cup of wheat flour, a couple of tea spoonfuls of salt, and sufficient hot water to make a thick batter; when lukewarm, stir in a cup of home-brewed yeast. Keep it covered tight in a cool place. This kind of yeast requires to be renewed very often, and will only do to use in cool weather.

186. *Milk Yeast.*

This kind of yeast is convenient to resort to when no other can be obtained; but is not good for common use, as it is apt to give bread a disagreeable taste, excepting when fresh baked. It is made by mixing wheat flour, salt, and lukewarm milk, in the proportion of a large spoonful of flour and a tea spoonful of salt to a pint of milk. Keep it in a warm place: it will be fit for use in the course of an hour. A pint of the yeast will be sufficient for five or six loaves of bread. It should be used as soon as made, as it spoils very soon.

BREAD.

187. *Wheat Bread.*

Wheat flour, when good, has a slight yellowish tinge, and if pressed tight in the hands, will show the creases of the skin, which poor flour will not do. If poor, it has a dingy appearance. Grown wheat, when made into bread-dough, sticks to the hands, and spreads out when moulded. Flour should be sifted before using it, and if very cold, set it where it will get the chill taken off. Bread wet with milk is better than that wet with water, while it is new; but it does not keep sweet so long, being apt to have a cheesy taste after the second day, particularly in hot weather. Scalding-hot water makes sweeter bread, and that which will keep well longer, than lukewarm water; but it is more difficult to make the bread, and it requires more baking, when scalded. If the wheat is grown, it is very much improved by scalding the flour; let it remain till lukewarm before adding the yeast, otherwise it will scald and not raise the bread. For six medium-sized loaves of bread, allow three quarts of water, a large spoonful of salt, and half a pint of home-brewed yeast; if brewers' or distillers' yeast is used, a much less quantity will be required, and much less time for raising the bread; but the bread is best when good domestic yeast is used. Stir up part of the flour with the wetting, add the salt and yeast, then add flour till stiff enough to mould up. Knead it so that it will be free from lumps; cover it up, and if the weather is cold, set it near the fire, so that it will keep just a little warm; if allowed to get cold, it will rise so slowly, that the bread will not be good. To ascertain when it is sufficiently light to bake, cut into it; if full of small holes, like a sponge, it should be moulded into loaves immediately. Gash the loaves on the sides, to prevent their cracking when baked. The baking-tins should be greased with lard or butter, and the loaves, after being put in them, should remain until they begin to crack on top. In hot weather, they will usually rise sufficiently in the course of fifteen minutes. If the bread gets sour before you are ready to mould it up (which is ascertained by cutting into and smelling of it), dissolve a tea spoonful of saleratus in half a cup of cold water, for a small batch of bread; if large, and quite

sour, more will be required. Wheat bread will usually bake sufficiently in about an hour, in a pretty hot oven, unless the flour is scalded ; if so, allow twenty additional minutes. If your bread gets light, before you are ready to bake it, knead in more flour, taking care not to get it too stiff, and set it in a cool place ; the more it is kneaded, the more delicate the bread. Some think bread is better for being put in sponge previous to being kneaded up stiff. It is done as follows : Sift your flour, mix it with lukewarm water sufficient to make a thick batter, put in your yeast and salt, scatter flour over it thick, and set it where it will keep warm. When cracks appear on the surface, knead in flour till stiff enough to mould up ; let it remain till risen again before moulding up. Bread, in hot weather, if made with good domestic yeast, will usually rise so as to be ready for baking in the course of seven or eight hours ; if distillers' yeast is used, in the course of a couple of hours. In cold weather, it will be necessary to put it to rising over night, if domestic yeast is used. Bread, when baked, should be taken out of the pans, or they will be clammy ; set them across the baking-tins, and if covered with a cloth, the crust will be more tender, as in this way the steam is kept in. Loaves of bread should not be cut till cold ; if needed, make some of the dough into small biscuit, and bake them.

188. *Rye Bread.*

Wet up the flour with lukewarm milk ; water will do, but is not so good as milk ; put in a little salt, and a large spoonful of melted shortening, for a couple of loaves of the bread ; after adding the yeast, knead it up stiff, and keep it in a warm place till risen. Bake it from an hour and a half to two hours.

189. *Indian Bread.*

Sift the meal ; and if the meal is not fresh and sweet, it is improved by scalding it, either with milk or water. When just lukewarm, add the yeast, and about the same quantity of wheat or rye flour as Indian meal ; use the same proportion of yeast and salt as for wheat bread, and add a little melted lard. Knead it up stiff, and bake in the same manner as wheat bread. It will take about two hours to bake it, if the loaves are of the size you would make

wheat bread, if the loaves are larger, more time for baking them will be required.

190. *Graham, or Brown Bread.*

This is made of unbolted wheat, and is much more healthy than the white flour for dyspeptics, or those who are of a costive habit. Care must be taken to procure the pure, as it is frequently adulterated. Wet up the flour with lukewarm water, salt and yeast in the proportion as for wheat bread. Knead in sufficient flour to make it stiff; some add a large spoonful or two of molasses. Bake it in medium-sized loaves, when risen, from an hour and a half to two hours. Another method of making it is, to wet it with some milk, add salt, and a tea spoonful of saleratus, dissolved in half a cup of cold water, for a quart of milk. Bake it as soon as mixed. This is not a good way of making a large batch of bread, as it will not keep good so long as when mixed with yeast.

191. *Potato Bread.*

Boil mealy potatoes very soft, peel and mash them, rub them with sifted flour, in the proportion of one-third of potatoes to two-thirds of the flour. Wet up the whole with lukewarm water, add the yeast, and flour to make it sufficiently stiff to mould up. Keep it warm till risen; it will rise quicker than unmixed wheat bread, and should be baked as soon as risen, as it sours very quick. If sour, add a tea spoonful of saleratus, dissolved in a little cold water; it should be strained before mixing it with bread of any kind, or it will settle in yellow spots in the bread.

192. *Rice Bread.*

Boil two cups of rice till soft, mix it with a couple of quarts of rice, or wheat flour, a little salt, half a cup of yeast and lukewarm milk, to make it sufficiently stiff to mould up. Bake it in small loaves when risen. This is a healthy bread for those who are troubled with the summer complaint.

193. *Cream of Tartar Bread.*

Take a quart of fresh milk, heat it just lukewarm, and

mix it with sifted wheat flour, to make a stiff batter ; stir in a tea spoonful of salt. and four of cream of tartar. When well mixed in, add two tea spoonfuls of soda. dissolved in a cup of lukewarm water, and strained through a small sieve, so that no lumps will be in the dough ; add just sufficient flour to enable you to mould up into two small loaves, and bake them immediately. Tartaric acid is thought to be better than cream of tartar, by some, for raising bread or biscuit only half the quantity is necessary, as it is a much stronger acid than cream of tartar. This is not so healthy as yeast bread, and is much more expensive ; but answers in cases of emergency, when wanted in a hurry. Water may be substituted for milk for wetting, but is not so good.

194. *Directions for Hot Cakes.*

As alkalies are injurious to the stomach, they should not be used in preparing articles for eating but seldom, unless used with an acid which will form a combination that is not unhealthy. As a general rule, the acid should be well mixed with a large proportion of the flour, used for cakes of any kind, before adding the alkali, as it is necessary that the effervescence should take place in the mixture to insure its lightness. Soda or saleratus should be dissolved in lukewarm water or sweet milk, and strained through a sieve, or it will make brown spots in the cakes, when baked. Biscuit should only have just sufficient flour to enable you to mould them up. If very stiff, they will be hard when baked. If not raised with yeast, they should be baked immediately. All biscuit should be baked in a quick oven. Most kinds of griddle cakes should be cooked as quick as possible, without burning them ; the fat should be very hot when they are dropped into the frying-pan ; if not, they will soak up the fat and be greasy. Lard, beef-drippings, and slices of salt pork, are good for frying cakes. Butter is not good, as it gives them a dingy appearance. Indian cakes should be fried in considerable fat. Buckwheat should have only just enough used to prevent their sticking to the pan when frying.

195. *French Rolls.*

Mix a quart of lukewarm milk with a quart of flour that has been sifted, a couple of spoonfuls of melted butter, just

lukewarm, a tea spoonful of salt, half a cup of home-brewed yeast, or a large spoonful of distillery yeast, and keep it warm till risen. When light, work in flour, to render it sufficiently stiff to mould up; let it remain till risen again, then roll it out, cut it into small pieces, and mould them into small rolls; lay them on buttered tins, and let them remain for a few minutes before baking. Bake them in a quick oven.

BISCUIT.

196. *Raised Biscuit.*

Melt a cup of butter, or half a cup of butter, and the same quantity of lard, mix the shortening with a quart of lukewarm milk, a tea spoonful of salt, and sifted flour to make a thick batter, then stir in half a cup of home-brewed yeast, or a large spoonful of distillery yeast. Sprinkle flour over it. When cracks appear on the surface, add just sufficient flour to enable you to mould them up easily; if very stiff, they will be hard. Let the dough remain till full of holes, like a sponge, which is ascertained by cutting into it. Roll it out when light, about two-thirds of an inch in thickness; cut the dough into small cakes, with a circular tin-cutter; lay them in buttered tins; let them remain from fifteen to thirty minutes before baking them. They should be baked of a light brown, in a quick oven. Some cooks put eggs in raised biscuit, but they are better without them, as the eggs render them compact. Much of the delicacy of biscuit depends upon their having just the right quantity of flour, and in moulding up; if too stiff, they will be hard. If more convenient, the biscuit, when first put to rising, can be kneaded up stiff enough for baking; but they will not be so good as when put in sponge first.

197. *Sour, or Buttermilk Biscuit.*

Mix a quart of sour milk or buttermilk with wheat flour, to make a thick batter; add a tea spoonful of salt, half a cup of melted lard, or butter; stir the whole up well; dissolve a couple of tea spoonfuls of saleratus in half a cup of lukewarm water, and strain the saleratus water into the

mixture. Stir it in well, then add flour till just stiff enough to roll out. The dough should be nearly an inch in thickness when rolled out. Cut it into round cakes, and bake immediately in a quick oven. If baked slow, they will not be good.

198. *Rochelle, or Soda Biscuit.*

Melt one-third of a cup of lard or butter, put to it a pint of milk, heat it just lukewarm, then mix it with a tea spoonful of salt, and sifted wheat flour to make a stiff batter; add a tea spoonful of tartaric acid, or two of cream of tartar, mix it in well, then dissolve a tea spoonful of soda in half a cup of lukewarm water, and strain the water into the dough. Stir it in well, then add just enough more flour to enable you to roll them out, taking care not to get them stiff. Cut or mould into small biscuit, and bake immediately in a quick oven. Saleratus may be substituted for the soda, but the biscuit will not be so delicate.

199. *Drop Biscuit.*

Mix a pint of sweet cream with a pint of milk that is also sweet, a tea spoonful of salt, three beaten eggs, and sufficient sifted wheat flour to make the dough of the consistency of unbaked pound-cake. Drop the mixture by the large spoonful into buttered tins, and bake them immediately in a quick oven. They can be made of sour milk and sour cream, substituting a couple of tea spoonfuls of saleratus for the eggs.

200. *Hard Biscuit.*

Weigh out four pounds of flour, and rub three pounds and a half of it with four ounces of butter, two tea spoonfuls of salt, four beaten eggs, and add just enough sweet milk to moisten the whole. Pound the dough out thin with a rolling-pin, sprinkle over lightly part of the reserved flour, then roll it up, continue to pound the dough out thin, sprinkling on the flour until the whole is used. Pound it out about half an inch thick, cut into small cakes, lay them on buttered tins, and cover them over with a damp cloth, to keep them from drying, till you are ready to bake them. They should bake, in a moderately-hot oven, about three-quarters of an hour.

201. *Crackers from Bread Dough.*

Dissolve a tea spoonful of saleratus in half a cup of lukewarm water, strain it on to a quart of raised dough, a little salt, and two-thirds of a cup of shortening; butter mixed with an equal quantity of lard, or beef-drippings, may be used for the crackers. Work the whole well together, then pull it into small bits, sprinkle on considerable sifted wheat flour, and mould the whole up into a solid mass. Continue to pull it into pieces, sprinkling over flour, and moulding it up, till it becomes very stiff. Then mould it up into small crackers with the hand, press them in the centre, lay them on buttered tins, and let them remain from fifteen to twenty minutes. Then bake them, in a moderately-hot oven, about an hour. If made and baked right, they will be hard and crispy, and nice food for children to lunch upon.

202. *Butter Crackers.*

Rub six ounces of butter with two pounds of flour; dissolve a couple of tea spoonfuls of saleratus in a little milk, strain it on to the dough, add a tea spoonful of salt, and just milk sufficient to enable you to roll it out. Beat it out thin with a rolling-pin, sprinkle on flour, and roll up. This repeat three times, then have it rolled out thin, and cut it into small crackers. Bake them in a moderately-hot oven till hard and crispy. If the oven is too hot, remove them till cooled, then set in again.

HOT CAKES.

203. *Short Cake.*

Mix a cup of melted butter, or some cream, with a pint of sour or butter-milk, and a tea spoonful of salt. Stir the whole up well, with sifted flour to render it a thick batter. Dissolve a couple of tea spoonfuls of saleratus in half a cup of lukewarm water; strain it into the batter, stir in well, then add flour till stiff enough to roll out. Have it rolled out little less than half an inch in thickness. cut it into round cakes, and bake them on a griddle or spider that is well

greased and heated; when done on the under side, turn them over to bake on the other side.

204. *Sally Lunn.*

Boil mealy potatoes, peel and mash them quite fine; mix with a cup of the mashed potatoes a large spoonful of butter, a pint each of milk and water, a tea spoonful of salt, three eggs, and flour to make a stiff batter; add two large spoonfuls of home-brewed yeast, or half the quantity of distillery yeast. Turn the batter into buttered pans, having it about an inch and a half in thickness; let it remain till risen, then bake, and eat it while hot. It will rise in the course of four or five hours, if domestic yeast is used. If brewers' or distillers' yeast is used, in much less time.

205. *Crumpets.*

Take three cups of raised dough, and work into it with the hand half a cup of softened butter, three eggs, and milk to render it of a thick batter; turn it into buttered pans, and let it remain fifteen minutes before baking it. It will bake in about half an hour.

206. *Rice Cakes.*

Mix a pint of soft boiled rice with a quart of milk; if the rice is cold, it will need warming to mix well. Stir in a little salt, three beaten eggs, and just enough rice, or wheat flour, to make a thick batter; drop in small cakes into a frying pan, and fry them till brown. If you prefer them baked, add two more eggs, and flour till stiff enough to roll out, and cut into cakes.

207. *Puff Balls.*

Mix two cups of sour milk, a large spoonful of melted lard, a tea spoonful of salt, and flour till a thick batter, then add a tea spoonful of saleratus, dissolved in a third of a cup of water. Add flour sufficient to enable you to do them up into cakes of the size of half an egg. Drop them into boiling fat; they will cook in the course of two or three minutes.

208. *Brown Flour Cakes.*

To three pints of flour put a tea spoonful of salt, a tea

spoonful of saleratus, and sufficient milk to make a thick batter. They are still better mixed with yeast, and may be wet with water; if yeast is used, fry them with only a little fat. These cakes are more healthy than most other kinds of hot cakes.

209. *Wheat Cakes.*

Mix sufficient sifted flour with a quart of sour milk to make a thick batter, a little salt, and a heaping tea spoonful of saleratus dissolved in a little water. Add, if you like, a couple of beaten eggs; they can be dispensed with. Drop this mixture by the large spoonful into your frying-pan, having rather more fat than for buckwheat cakes. They should be fried quick to be good. Sweet milk with cream of tartar may be substituted for sour milk.

210. *Buckwheat Cakes.*

Mix the buckwheat with lukewarm milk or water, so that it will be a pretty thick batter; add domestic yeast and salt in the proportion of a cup of the former and a couple of tea spoonfuls of the latter to a couple of quarts of the flour. A little brown flour, or oatmeal, mixed in with the batter, improves the cakes and renders them more healthy. An earthen jar or crock is better than a tin utensil to mix them in, as it will retain the heat better, and it is necessary to keep them quite warm till they become light. It takes eight or ten hours for them to rise in cold weather; they should be kept near the fire in cold weather. If they get sour before you are ready to cook them, add a tea spoonful of saleratus, dissolved in lukewarm water, and stir it in well. If they do not get sufficiently light, they may be made so by adding a couple of tea spoonfuls of cream of tartar, and half the quantity of saleratus. Stir in the cream of tartar well, then add the saleratus. Some make them in this way, without any yeast, but they are not so good. If the batter is not thin enough, thin it with lukewarm water, as cold water will injure the cakes. Grease your griddle with a slice of salt pork, or else roll a small piece of cloth round a small stick, tie it on, and dip it into melted fat, and grease the griddle, just sufficiently to prevent the cakes from sticking. The quicker they are fried, without burning, the lighter and nicer they will be. The batter is best made pretty thick

when put to rising ; when light, water added to render them thin.

211. *Economy Cakes.*

Bread that is sour can be made into good breakfast cakes. Cut it up into small pieces, and if not wanted for immediate use, it can be kept a number of weeks by drying the pieces in a very moderately-hot oven, taking care that it does not burn. When you wish to make cakes for breakfast, soak it over night in cold water ; the next morning, drain off all the water, mash the bread fine, and to three pints of it put a tea spoonful of salt, three eggs, a tea spoonful of saleratus dissolved in milk, and a pint of wheat or rye flour. Add just sufficient milk to enable you to fry them, in the same manner as buckwheat cakes. If the flour which is used for them is mixed over night, with a spoonful of yeast, the eggs may be omitted.

212. *Sour Milk Corn Cakes.*

Stir into three pints of sour or butter-milk sufficient sifted Indian meal to render it of the consistency of unbaked pound-cake, add a tea spoonful of salt, a cup of cream, or half a one of melted butter, dissolve a couple of tea spoonfuls of saleratus in half a cup of water, and stir it into the batter. Put it in buttered pans, having the batter an inch thick. Bake in a quick oven about an hour. Some think that corn cake made of sour milk is better for using one-third wheat flour to two-thirds of the meal.

213. *Corn Cake with Eggs.*

If the meal is fresh and sweet, it needs no scalding ; if not fresh, it is improved by scalding. Mix a quart of the meal, when sifted, with sufficient sweet milk to render it a thick batter ; add half a tea cup of melted butter, a tea spoonful of salt, and four eggs—it is better with more, if you have them to spare ; beat the yolks and whites separately to a froth. It is also much improved by mixing with it half a pint or more of sweet cream : no butter is necessary if cream is used. Bake the mixture in the same manner as Sour-milk Corn Cake. If baked in a quick oven, it will be very nice.

214. *Indian Griddle Cakes.*

Mix a quart of Indian meal with two-thirds of a pint of wheat or buckwheat flour, a tea spoonful of salt, half of a cup of lard, and sufficient milk to make a thick batter: if you have not milk, water may be substituted. Then add half a cup of yeast, and fry, when light, in considerable fat, having it quite hot when they are dropped into it. Indian cakes, when raised, are very liable to be sour; if so, add a little saleratus. They are better raised with three or four eggs than yeast, and can be fried as soon as mixed. They are also good mixed with sour milk, substituting saleratus for eggs. If Indian meal is not sweet, it should be scalded; but if fresh, it is better without. Tolerable good cakes may be made of Indian meal, with water mixed with milk.

215. *Corn Dodgers.*

Scald a quart of Indian meal, when sifted, with just sufficient water to moisten the whole, add a tea spoonful of salt, and mould them up into cakes of the size of large biscuit, having them nearly an inch in thickness. Rub flour on the hands when moulding them up, to keep them from sticking. Fry them in sufficient fat to nearly cover them; it should be hot enough to boil up around them on putting them in. When quite brown on the under side, turn them. It takes from twelve to fifteen minutes to cook them so that they will not be moist in the centre. When about to be eaten, split open and butter them. Another way is, to wet the Indian meal with cold milk, adding salt, and a large spoonful of lard melted to a pint of the milk, and then mould them up into small cakes and bake them.

216. *Hoe Cakes.*

Scald a pint of Indian meal with just sufficient water to make a thick batter, stir in a little salt, and two large spoonfuls of butter, and bake in square buttered pans, having the batter about an inch and a half in thickness.

217. *Muffins.*

Mix a quart of sifted wheat flour, with a pint and a half of sweet milk, a couple of large spoonfuls of melted butter

a tea spoonful of salt, and one-third of a cup of home-brewed yeast. Set it where it will keep warm till risen. When light, stir in a couple of beaten eggs. Butter your muffin-rings, place them on a buttered griddle, or baking-tins, fill them half full of the mixture, and bake on top of a cooking-stove; when brown on the under side, turn them over to brown on the upper side. Unbolted flour is also good in this way. Muffins made with part cream are very nice. Take equal quantities of cream and milk,—if sour put in a little saleratus,—stir in wheat flour to make a thick batter, a little salt, and, for a quart of the wetting, three or four eggs: bake immediately. Muffins are good baked in an oven. They can also be rendered light without eggs or yeast, by substituting cream of tartar and soda.

218. *Raised Waffles.*

Mix sifted flour with sufficient warm sweet milk to make a thick batter. The milk should be added gradually, so that the batter may be free from lumps. To two quarts of flour put two large spoonfuls of melted butter, a tea spoonful of salt, and one-third of a cup of domestic yeast; sprinkle flour over the top. When well mixed together, set the batter where it will keep just lukewarm till risen. When cracks appear on the top, it is light; add two or three beaten eggs, and bake in waffle-irons well greased, previous to filling them with the batter.

219. *Quick Waffles.*

They can be baked as soon as mixed, if made in the following manner: Mix a quart of sour milk, a tea spoonful of salt, a cup of cream, or two large spoonfuls of melted butter, with sifted wheat flour to make a batter so thick that you can just turn it into the irons. Dissolve a tea spoonful of saleratus in very little water, and strain it into the batter, with three beaten eggs. They are also nice made of sweet milk, with a tea spoonful of soda, and two of cream of tartar.

220. *Waffle Gravy.*

As waffles are rather hard and dry when baked, they are improved by the following sauce: Boil a pint of milk, take

it from the fire, and stir in a tea spoonful of salt and half a cup of butter. When the butter is melted and stirred in with the milk, it is ready to serve up with the waffles.

SWEET CAKES.

221. *Directions for making Cake.*

The materials used for cake should be fresh and nice, or the cake, when made, will not be good. The sugar should be of a light color and dry, and delicate kinds of cake should be made of white sugar; the granulated is best. Brown answers very well for many kinds of cake, if stirred to a cream with butter: if the butter is very salt, work it over in water, to freshen it, before using it; if not good, do not use it for any cake that you expect will be particularly nice, as it will give a disagreeable flavor to almost any kind but gingerbread; in that the ginger conceals it. Prepare your articles in a systematic manner, so that you can make the cake with little or no assistance. The spices should be reduced to a powder, and the fruit prepared as follows: Seed the raisins, and dredge them with flour, to prevent their sticking together, and not mixing well with the cake. Zante currants require to be rinsed in several waters, rubbed in a cloth, the stones picked out, and the currants dried perfectly before using them. Citron should be cut in small bits; and almonds blanched, by putting them in scalding-hot water, and letting them remain until the skins can be rubbed off; dry and pound them, with a little rosewater or extract of lemon, to prevent their oiling. When the fruit is prepared, roll your sugar free from lumps, sift the flour, break up your eggs, and, if you wish your cake particularly nice, separate the yolks and whites of each as you break them, and beat them separately—break each egg into a cup singly, to find out if it is good before mixing with the rest. If frozen, lay them in cold water a few minutes, to extract the frost previous to taking them out of the shells; if the weather is very hot, they will beat up better if first cooled. If the weather is cold, the flour and butter should be moderately warmed, but the butter should not be allowed to melt. Soda and

saleratus should be dissolved in sweet milk, or water, and strained, or it will settle in spots, and give the cake a bad appearance; if used with an acid, the latter should first be mixed thoroughly with the cake, after the flour is stirred in, before adding the soda or saleratus: the effervescence should take place in the cake, in order to make it light. Stir the butter and sugar together till very white; then add the eggs, beaten to a froth with a knife, then the flour and the rest of the ingredients, adding the fruit just before putting the mixture in the baking-pans. Most kinds of cake that are made without yeast, should be baked as soon as mixed. Rich cake that has fruit in it, bakes best in a brick oven; other kinds can be baked well in a stove, or tin oven, if closely watched while baking. The pans for cake should be well buttered, and if lined with white paper (which should also be buttered), the loaves will be less liable to burn on the bottom. Have your oven of a good heat before setting in the cake; test it by throwing in a small portion of flour: if it blackens immediately, let it cool a little; if it merely turns brown, it is the right heat. Watch the cake; if likely to get too brown before it is baked through, cover it over with a thick paper. To ascertain when rich cake in loaves is sufficiently baked, stick a brown splinter (previously washed) through the thickest part; if none of the cake adheres to it, it may be removed from the oven. When rolled cake like gingerbread moves easily on the pans, it is an indication of its being sufficiently done. If cake is to be frosted, it should be allowed to get just lukewarm, before it is put on, or the steam from the cake will give it a bad look; if put on when cold, it will not adhere well. As weighing the materials used for cake is somewhat troublesome, it will be found a great convenience to have a set of tin measures, and after once weighing a certain quantity of flour, sugar, or butter, to measure them when weighed, and write it down, so that you can for the future measure instead of weigh materials when making cake.

☞ See Table on page 208, of "Equivalents in Measures for Weights."

222. *Frosting for Cake.*

For a medium-sized loaf of cake, take the whites of one egg, and half of another, and stir in gradually sifted double-refined sugar, till of a thick consistency. Stir it well for a few minutes; a bowl or mug is the best utensil for this purpose: flavor it with rosewater; do not use lemon, as it is apt to make yellow spots in the frosting when dry. Spread it on the cake with a knife; if it does not appear to be thick enough when you commence spreading it, stir in more sugar to what remains in the mug. The cake should be a little warm when the frosting is put on; if very hot, the steam from it will give the frosting a bad appearance: keep it in a warm room till dry. Some beat the eggs to a froth before adding the sugar, but it is unnecessary. If it does not look nice when frosted, it may be improved by frosting again. It should remain till the frosting is dry before it is done the second time. Divide the frosting with a small sharp knife, when you cut the cake.

223. *Ginger Snaps.*

Melt half a cup of lard, the same quantity of butter, mix the melted shortening with a cup of sugar, a cup of molasses, a large spoonful of ginger, and a little flour; dissolve a tea spoonful of saleratus in a cup of water, and stir it to the above ingredients, adding flour till sufficiently stiff to roll out. Cut it into small circular cakes, after rolling it out half an inch thick. Bake them in buttered tins, in an oven moderately hot. They should be baked slow, or they will not be hard and crispy.

224. *Sponge Gingerbread.*

Mix with a pint of molasses two large spoonfuls of butter melted, one spoonful of ginger, and a quart of flour. Dissolve a table spoonful of saleratus in about a third of a cup of water, and strain it into the mixture. Stir it in well, then add a cup of milk—sour is the best—and flour sufficiently to enable you to roll it out easily. Flour your board and rolling-pin, then roll out a part of it at one time, half an inch thick, and lay it on buttered tins, and bake it in a very hot oven, taking care not to burn it. It will be very light and spongy if made according to the directions, provided the

molasses is good. The New Orleans molasses is the best for this, as well as all other kinds of gingerbread. Good gingerbread cannot be made of dark-colored molasses. This kind of gingerbread will not keep well over two days. The Hard Gingerbread, as made in the following rule, will not dry as quick, as there is more butter in it.

225. *Hard Gingerbread.*

One pint of molasses, half a cup each of butter and lard, or a whole one of butter, a large spoonful of ginger, two tea spoonfuls of saleratus dissolved in half a pint of water, and flour to make it stiff enough to roll out. Mix the molasses with the shortening when melted, then add the rest of the ingredients. If the gingerbread does not appear to be strong of the ginger, when made into dough, more may be added. Ginger varies so much in strength, that no exact rules can be given for its use. Roll it out as in the directions for sponge gingerbread, and if liked quite hard, bake it slowly.

226. *Superior Soft Gingerbread.*

Take one cup of sugar, one of butter, one of sour milk, one of New Orleans molasses, four cups of sifted flour, a table spoonful of ginger, and two tea spoonfuls of saleratus dissolved in a large spoonful of water. It is improved by adding the grated rind of a lemon. Stir the butter and sugar together, then add 3 eggs well beaten, and the flour and milk. When well mixed, strain in the saleratus water, and stir the whole together, adding the spice. Turn the mixture into buttered pans, and bake immediately in a hot oven. If sour cream is substituted for the milk, it is still more delicate, but half the quantity of butter should be used with cream. This gingerbread can be made plainer by adding half a cup more of milk, and one or two cups of flour.

227. *Sugar Gingerbread.*

Mix a pound of sugar with six ounces of butter, then stir in five beaten eggs, three or more tea spoonfuls of ginger (varying according to the strength of the ginger), and a pound and a half of flour. Dissolve a tea spoonful of saleratus in a wine-glass of water, and strain the water into the dough.

When the whole is well mixed, roll it out half an inch thick, flouring your moulding board and roller. Bake it on buttered flat or very shallow pans, in a quick oven.

228. *Honey Cake.*

Melt a cup of butter, mix it with two of honey, a large spoonful of ginger, a nutmeg, or a grated lemon rind, and a little flour. Dissolve a heaping tea spoonful of saleratus in a cup of water, and strain it into the mixture. Then add flour till stiff enough to roll out, and bake in the same manner as gingerbread.

229. *Soda Cake.*

One cup of sugar, a large spoonful of butter, one tea spoonful of soda, two of cream of tartar, one cup of milk, one pint of flour, two eggs, and half a nutmeg. Mix the sugar, butter, and eggs together, then add the flour, spice, and saleratus dissolved in the milk. When thoroughly mixed, add the cream of tartar and bake immediately.

230. *Strawberry or Raspberry Cake.*

Mix a pint of sour milk with a cup of butter melted, or a cup of sour cream. Stir in sifted wheat flour to make a thick batter, then add to it a tea spoonful of salt, and one of soda, dissolved in a third of a cup of water. Stir it in well, then add more flour to render it stiff, so that it can be rolled out. It should be two thirds of an inch in thickness, and baked in a quick oven. Split it open when baked, and put in a thick layer of strawberries or raspberries; sprinkle over thick, white powdered sugar; close it up, and eat it while hot.

231. *Plain Cookies.*

One cup and a half of sugar mixed with half a one of butter, and half a nutmeg; dissolve a tea spoonful of saleratus in a spoonful of water. Stir into the mixed sugar and butter, a cup of milk—sour is the best—and flour to make a thick batter, then add the saleratus water, which should be strained, and enough more flour to enable you to roll the the dough out easily. If very stiff, they will not be good. Flour the board and roller; have the dough about half an

inch in thickness. Cut it into small cakes, and stamp them if you like. Bake them on buttered tins, in a quick oven. These are very nice and light, if made in the right way; but they will keep well only two or three days. Those made after the following rule will keep longer.

232. *Rich Cookies.*

One tea cup of butter, two of sugar, a couple of eggs, a tea spoonful of saleratus, dissolved in a cup of milk or water, a grated nutmeg, or two table spoonfuls of carraway seed, and sufficient flour to make them stiff enough to roll out easily. Mix and bake in the same manner as plain cookies.

233. *Plain Jumbles.*

One cup of butter, one and a half of sugar, one egg, a tea spoonful of soda dissolved in a cup of sweet milk, half a nutmeg, and flour sufficient to enable you to roll out. The dough should be rolled half an inch in thickness, cut into narrow strips five or six inches long, and the ends joined, so as to form them into rings. Bake them in flat, buttered tins.

234. *Rich Jumbles.*

Stir to a cream one pound of sugar and three quarters of butter, then add eight eggs beaten to a froth, a quarter of a pound of blanched and pounded almonds, a pound and a half of sifted flour. Drop the mixture by the large spoonful on to buttered tins, an inch apart; make a hole in the centre of each one, by putting in the finger, and displacing a small portion of the cake; sift, if you like, white sugar over them, and bake them in a quick oven till of a light brown

235. *Composition Cake.*

Five cups of sifted flour, three of sugar, two of butter, a tea spoonful of soda, a tea cup of sweet milk, a wine-glass of wine, one of brandy, five eggs, one nutmeg; add a pound of seeded raisins if you want the cake quite rich. Stir the sugar and butter to a cream, then add the eggs, beaten to a froth, and the wine, brandy, and spice. Stir in the flour, then the milk with the soda dissolved in it.

236. *Rusk.*

One pint of warm milk, half a pint of yeast, and flour to make a thick batter. When light, add three quarters of a pound of sugar, half a pound of butter or lard; add cinnamon or nutmeg to the taste, and flour to make them as stiff as biscuit dough. Let them remain till of a spongy lightness. Then mould them into cakes of the size you would make biscuits, lay them on buttered tins, and let them remain from twenty to twenty-five minutes before setting them in the oven. They should be baked quick. Mix a cup of milk with a large spoonful of sugar, and rub it over the top of the rusk as soon as baked, with a cloth tied on a stick.

237. *Whigs.*

Mix half a pound of sugar with six ounces of butter, when stirred to a cream, add a couple of beaten eggs, a tea spoonful of cinnamon, one of salt, two pounds of flour, a small cup of home brewed yeast, and milk to make a stiff batter. When light, bake the cake in small cups, well buttered. They are good either hot or cold.

238. *Raised Doughnuts.*

Heat a pint of milk just lukewarm, and stir into it a small cup of melted lard, and sifted flour till it is a thick batter; add a small cup of domestic yeast, and keep it warm till the batter is light, then work into it four beaten eggs, two cups of sugar, rolled free from lumps, a tea spoonful of salt, and two of cinnamon. When the whole is well mixed, knead in wheat flour till about as stiff as biscuit dough. Set it where it will keep warm, till of a spongy lightness, then roll the dough out half an inch thick, and cut it into cakes two inches wide and two or three in length. Let them remain a few minutes after rolling out, then fry them in a pot, with about a couple of pounds of lard; the fat should be so hot that it will boil up around them as they are dropped into it. Only a few should be boiled at once; if crowded, they will not fry well. When brown on the under side, turn them, and let them fry till perfectly done, which is ascertained by breaking one open. It takes about four or five minutes to cook them; the more eggs the less time will be

required. They can be made good without any eggs, but they will require more fat, as they absorb it, and are more greasy than when made with eggs. The fat which remains after frying a batch of doughnuts, may be used again for the same purpose, adding a little more if necessary.

239. *Quick Doughnuts.*

Melt your lard for frying, take three table spoonfuls of it, and mix with a pint of sour milk, a couple of quarts of flour, two cups of sugar, rolled free from lumps, a tea spoonful of salt, and half a nutmeg. When the ingredients are well mixed, add a couple of tea spoonfuls of saleratus, dissolved in about one-third of a cup of lukewarm water. Knead them up stiff, with additional flour. Roll and fry them immediately in the same manner as raised doughnuts; they should be of about half the thickness, and will fry much quicker. They can be made of sweet milk instead of sour, if a couple of tea spoonfuls of cream of tartar is added.

240. *Crollers.*

Dissolve a tea spoonful of soda in half a cup of milk, and strain it on to half a pint of flour. Mix four large spoonfuls of melted butter, or lard, with six spoonfuls of sugar that has been rolled smooth, four beaten eggs, and one nutmeg. When stirred well together, add the mixed flour and milk, and additional flour to render them just stiff enough to roll out easily. When rolled about a third of an inch in thickness, cut them into strips, not over half an inch in width, with a jagging iron—if you have not one, a knife may be substituted. Cut and twist them into any fanciful form you please. Heat about a pound of lard in a pot; some use a frying pan, but the crollers are apt to burn when fried in the latter. The fat should boil up as the crollers are put in; as soon as brown on the under side, they should be carefully turned over. When a light brown on both sides, they are sufficiently cooked. If you wish to have your crollers very rich, omit the saleratus and milk.

241. *Dough or Sheloh Cake.*

Dissolve a tea spoonful of saleratus in half a cup of sweet

milk, and strain it on to five cups of raised dough; work into the dough a cup of lukewarm melted butter, one and a half cups of sugar, rolled free from lumps, three beaten eggs, and a couple of tea spoonfuls of cinnamon. Work the whole with the hand for ten or fifteen minutes, then put it into buttered cake-pans: let it remain in a warm place from fifteen to thirty minutes before baking. This makes very good loaf cake, if the bread dough was wet up with milk; when wet with water it is not as delicate. The cake is much improved by adding to it a glass of wine, and a pound of seeded raisins.

242. *Measure Cake.*

Stir to a cream a cup of butter and two of white sugar, then stir in four eggs (the whites and yolks previously separated, and beaten to a froth); add a pint of sifted flour, a grated nutmeg, and bake it as soon as well mixed in a quick oven.

243. *French Cake.*

One pound of white sugar, three quarters of butter, a pound and a half of flour, twelve eggs, a gill each of wine, brandy, and milk, a pound of seeded raisins, or Zante currants, a quarter of a pound of citron, and the same of almonds, blanched and pounded fine. Add mace or nutmeg to the taste. Stir the sugar and butter to a cream, then stir in the eggs previously beaten to a froth, the flour, and spice. Mix the brandy, wine, and milk, and add to the other ingredients. Stir the whole well together for several minutes, then add the fruit; as soon as well mixed in, put the cake into buttered pans, and bake it immediately.

244. *Cup Cake.*

Three cups of sugar, one and a half of butter, three eggs, a cup and a half of milk, a tea spoonful of soda, six cups of sifted flour, and one nutmeg, or mace to the taste. Stir the butter and sugar together till quite white, then add the eggs, beaten to a froth, half the flour, and the milk with the saleratus dissolved in it. When well mixed, add the remainder of the flour and spice. Bake the cake in buttered cups or pans.

245. *Plain Cream Cake.*

Two cups of rolled sugar, two of thick cream, four eggs, half a cup of sweet milk, a tea spoonful of soda, and the grated rind of a lemon, or a nutmeg. Beat the eggs to a froth, stir in the sugar, then the cream, spice, and sifted flour to make it of the consistency of unbaked pound cake. Then strain in the milk, with the soda previously dissolved in it. Stir in very little more flour, to render it of the same consistency as previous to adding the milk. It should be stirred only just long enough to have the ingredients well mixed, as much stirring decomposes cream. This is very good when first made, but will not keep well over a couple of days. That which is made by the following rule will keep much longer.

246. *Rich Cream Cake.*

Half a pound of butter, three quarters of a pound of sugar, seven eggs, a pound and a half of flour, a wine glass of brandy, half a pint of thick cream, a grated nutmeg, and one pound of seeded raisins. Stir the butter and sugar together till white, separate the yolks and whites of the eggs, beat them to a froth, and mix with the sugar and butter previously mixed, then add the flour, brandy, and spice. Just before putting it in the baking-pans, add the cream then the fruit, and bake it immediately.

247. *Plain Loaf Cake.*

Two cups of sugar, one of butter, three pints of flour, two thirds of a pint of milk, half a cup of yeast, three eggs, a tea spoonful of salt, and two of cinnamon. Make a batter of the milk (which should be just lukewarm), flour, and yeast. Set it where it will keep warm till it becomes light, then add the rest of the ingredients, work them in well, and let it remain till risen again; then put it in buttered baking tins, and let it stand about twenty minutes before baking. One pound of raisins may be added to this cake, if liked.

248. *Philadelphia Loaf Cake.*

One and a half pounds of flour, three quarters of a pound of sugar, half a pound of butter, three eggs, three tea spoon

fuls of cream of tartar, one and a half of soda, a cup of sweet milk, a wine-glass of wine, the same quantity of brandy, a pound and a half of seeded raisins, a quarter of an ounce of pounded mace, or a couple of nutmegs, and add, if you like, a little cloves or cinnamon. Stir to a cream the butter and sugar, then add the eggs, previously beaten to a froth, part of the flour, the brandy, and wine. Dissolve the soda in the milk, and strain it into the mixture, then put in the rest of the flour, and spice. Stir the whole together three or four minutes, then add the cream of tartar; when thoroughly mixed with the other ingredients, put in the fruit, and bake it immediately in buttered pans.

249. *Rich Loaf or Wedding Cake.*

Mix a pound of sifted wheat flour smoothly with a pint of lukewarm milk, a small cup of home-brewed yeast, and set it where it will keep a little warm till risen. Care must be taken not to have it in so hot a place as to scald the yeast. When the batter has risen, weigh out a pound of sweet butter, a pound and a quarter of white sugar, stir them to a cream, then work it into the batter, together with four eggs, the whites and yolks beaten separately to a froth, a wine glass of wine, one of brandy, a quarter of an ounce of mace, and a tea spoonful of cinnamon. Add another pound of flour, and work the whole with the hand for fifteen or twenty minutes. The longer it is worked, the more delicate will be the cake. Let it remain till of a spongy lightness, then stir in a couple of pounds of seeded raisins, a quarter of a pound of citron, cut into small strips, put the cake into buttered pans, with a lining of buttered white paper. Let them remain in the pans from twenty to thirty minutes before setting them in the oven. Bake the loaves from an hour to an hour and a quarter, in a quick but not furiously hot oven. This rule makes three medium-sized loaves; if more is required, the rule can be doubled.

250. *Diet Bread.*

Separate the whites of eight eggs from the yolks, and beat each to a froth, then mix them with a pound of fine white sugar, and stir in a pound of sifted flour. Season the cake with lemon, or rosewater, and bake it immediately in a

couple of ordinary-sized cake pans, in a quick oven from twenty to thirty minutes.

251. *Lemon Cake.*

Three cups of sugar, two of butter, one of sweet milk, a tea spoonful of soda, four eggs, six cups of sifted flour, the grated rind of a couple of fresh lemons, and the juice of one. Stir the sugar and butter to a cream, then add the eggs beaten to a froth, and half of the flour. Dissolve the soda in the milk, and strain it in; add the remainder of the flour. When the whole is thoroughly mixed, add the lemon juice and rind, and stir it for several minutes. Then bake it in buttered pans, in a quick oven. This cake will keep well for a number of weeks, if the soda is omitted, and two more eggs added.

252. *Scotch Cake.*

One pound of sugar, three-quarters of a pound of butter, eight eggs, a pound of flour, a wine-glass of brandy, the juice and grated rind of a lemon, and a pound of seeded raisins. Separate the yolks and whites of the eggs, beat them to a froth, and mix them with the butter and sugar previously stirred together to a cream. Then add the brandy, flour, and lemon; just before putting it in the pans for baking, stir in the raisins. The pans should be lined with buttered paper.

253. *Pound Cake.*

One pound of white sugar, one of flour, three-quarters of a pound of butter, eight eggs, and one nutmeg, or mace to the taste. Stir the butter and sugar to a cream, separate the yolks and whites of the eggs, beat them to a froth, and stir them into the mixed sugar and butter; then add the flour and spice, and if you wish your cake particularly nice, add a quarter of a pound of citron, or almonds blanched and pounded fine. Extract of peach or rosewater to the taste.

254. *Confectioners' Pound Cake.*

One pound and three-quarters of white sugar, and three-quarters of a pound of butter. Stir them to a cream. then add twelve eggs, beaten to a froth, a pound and a half of sifted flour, and a couple of small nutmegs, or mace to the taste.

255. *Queen's Cake.*

One pound of white sugar, three-quarters of a pound of butter, a pound of flour, a pound of seeded raisins, half a pound of Zante currants, a quarter of a pound of citron, a wine-glass of wine, one of French brandy, and one of milk, a tea spoonful of soda, and six eggs. Stir the sugar and butter to a cream, then beat the eggs to a froth, and stir in; add the brandy and wine, then the flour and spice. Dissolve the soda in the milk, and strain it into the rest of the ingredients when mixed together. Stir the whole for several minutes, then add the fruit gradually, a handful of each alternately; when mixed, line a couple of buttered pans with white paper, butter it, then turn in the cake, and bake it immediately, from an hour and fifteen to an hour and thirty minutes, according to the heat of the oven. If it browns fast, cover it over with thick paper. Be sure and have a good heat at the bottom of the oven. This cake will keep well for a number of months.

256. *Silver Cake.*

Two cups of fine white sugar, two and a half of sifted flour, half a cup of butter, three-quarters of sweet milk, half a tea spoonful of soda dissolved in the milk, the whites of eight eggs, and a tea spoonful of cream of tartar; flavor the cake with extract of peach, Venilla, or rosewater. Stir the sugar and butter to a cream, then add the whites of eggs beaten to a stiff froth, the flour, then the milk and soda, which should be previously strained. Stir the whole together several minutes, then add the cream of tartar, and spice; when well mixed in, turn the mixture into a medium-sized square baking-pan, that has a lining of buttered white paper. Bake it, as soon as turned out, in a quick oven; if it browns too fast on top, cover it with thick paper.

257. *Gold Cake.*

Take the yolks of the eggs, after using the whites for the silver cake, beat them to a froth, and mix them with a cup of sugar, and three-quarters of a cup of butter, previously stirred to a cream; add two cups of sifted flour, half a tea spoonful of soda, dissolved in half a cup of sweet milk. When well mixed, stir in a tea spoonful of cream of tartar.

Flavor the cake with extract of peach, lemon, or mace. Bake it in a square pan, well buttered. This, cut into slices and mixed on a plate with silver cake, has a very pretty appearance, the deep yellow hue contrasting well with the white delicate look of the silver.

258. *Delicate Cake.*

Stir to a cream a pound of white sugar and seven ounces of butter, then add the whites of sixteen eggs, beaten to a stiff froth; stir in gradually a pound of sifted flour; flavor the cake with orange flower, rosewater, or extract of peach. Bake it in a couple of square pans, lined with white paper; both the pans and paper should be buttered. Bake it immediately in a quick oven, but not of a furious heat; if it browns on top, cover it with thick paper. Frost it soon after removing from the oven. The yolks of the eggs may be used for boiled custard, or Gold Cake. This rule makes two loaves of cake.

259. *Jelly Cake.*

Two cups of white sugar, three-quarters of butter, five cups of sifted flour, a tea spoonful of soda dissolved in a cup of sweet milk, two tea spoonfuls of cream of tartar, three eggs, and one nutmeg. Stir the sugar and butter to a cream, then add the eggs, beaten to a froth, and part of the flour; strain the milk with the soda into the mixture. Stir the whole well together with the remainder of the flour, then add the cream of tartar and spice. Stir it several minutes after adding the cream of tartar, turn the cake into round buttered pans, with straight sides; the mixture should not be more than a quarter of an inch thick in the baking-pans. Bake them in a quick oven till of a light brown. Spread them, when cool, with thick jelly or marmalade on one side, pile them in layers on cake plates, having three or four together. Cut it in the way you would a pie. Another method is, to spread each one with jelly, on removing from the oven, and roll up separately; lay them on a plate, so that they will not touch till they get cold. When they are to be eaten, lay them on a cake plate, and cut in slices.

260. *Plain Sponge Cake.*

Three cups of sifted flour, two of white sugar, one cup

of sweet milk, three eggs, a tea spoonful of cream of tartar, half a tea spoonful of soda, and flavor with nutmeg, extract of peach, or extract of lemon. Beat the eggs to a froth, stir in the sugar well, then add the flour and cream of tartar, when well mixed together, stir in the soda dissolved in the milk, and add the strained spice, and bake in a buttered square pan, in a quick oven. The juice of half a lemon may be substituted for the cream of tartar, and the grated rind or one used to flavor it with.

261. *Superior Sponge Cake.*

Take the weight of ten eggs in powdered white sugar, beat the yolks of twelve eggs with the sugar, and add the juice of half a lemon. Beat the whites of twelve eggs to a stiff froth, and mix them with the yolks and sugar. Stir the whole well together for a few minutes, then add gradually the weight of six eggs in sifted flour. The grated rind of a lemon, extract of peach, extract of Vanilla, or mace, are all good to flavor the cake. As soon as the flour and spice are well mixed in, turn the cake into buttered square cake pans, lined with buttered paper, and bake immediately, in a quick oven, but not furiously hot. If it browns after being in the oven a short time, cover it with a thick paper; do not move it while in the oven, or it will make it heavy. If the oven is a good heat, it will bake sufficiently in the course of twenty-five or thirty minutes.

262. *Almond Cake.*

Beat the yolks of twelve eggs to a froth, and mix them with a pound of white sugar, rolled free from lumps, and sifted. Beat the whites of nine eggs to a stiff froth, and stir them with the yolks and sugar for eight or ten minutes, then add gradually a pound of sifted flour, half a pound of almonds, blanched and pounded fine, with rosewater; then stir in three table spoonfuls of thick cream: when the whole is well mixed, turn it into buttered pans, lined with buttered white paper, and bake directly in a quick oven; if it browns, cover it over with thick paper. The reserved whites of the eggs can be used to frost the cake, when partly cooled.

263. *Fruit, or Black Cake.*

One pound of dark brown sugar, one of flour, fourteen

ounces of butter, twelve eggs, two large spoonfuls of molasses, a wine-glass of white wine, one of French brandy, a tea spoonful of cloves, the same of mace, allspice, and cinnamon, two pounds of seeded raisins, two pounds of Zante currants, and half a pound of citron. Stir the sugar and butter together, then add the eggs, the whites and yolks beaten separately to a froth, the wine, brandy, and flour, which should be sifted; add the molasses and spice. Stir the whole together for ten or twelve minutes, then add the fruit gradually, a handful of each alternately. The Zante currants should be thoroughly cleaned, and the raisins put into the sieve with the flour used for the cake; shake the sieve, so as to have most of the flour sift through; the flour that adheres to the raisins will prevent their sticking together, and sinking to the bottom of the loaves when baking. Bake it in square pans lined with white paper; both should be buttered. Bake the cake in a brick oven; it cannot be well baked in any other. If the loaves are thick, let them bake about three hours. The oven should not be of a furious heat. This cake cuts the best when several weeks old, and will keep good for a number of months. Frost it when partly cooled.

264. *Whistles.*

Half a pound of white sugar, quarter of a pound of butter, and six eggs, the whites and yolks beaten separately. Stir the sugar and butter to a cream, then add the eggs previously beaten, and sifted flour to make a thick batter; flavor it with rosewater, if you like. Drop the mixture by the large spoonful on to buttered paper. The mixture should be dropped several inches apart, and spread out thin. Bake them till of a light brown, on a board, which will not take over five minutes. Lay them on a moulding-board that has white sugar sprinkled on it; roll them on a stick while warm. When cold, fill them with any kind of jelly that is thick.

265. *Wafers.*

Melt a quarter of a pound of butter, mix it with half a pint of milk, a tea spoonful of salt, a wine-glass of wine, three beaten eggs, and sufficient sifted flour to enable you to roll them out easily. They should be rolled very thin, cut

into small circular cakes, and baked in an oven of moderate heat. Frost the whole while warm, and sprinkle sugar sand or comfits over it as soon as frosted.

266. *Vanities.*

Beat a couple of eggs, then stir in very little salt, and rosewater to flavor; add sifted flour till of the right consistency to roll out. Roll it as thin as possible, and cut into fanciful strips with a jagging iron, and fry in lard: there should be considerable fat, and quite hot when they are put in. Sift white sugar over them as soon as fried. Another method is to cut them into circular cakes, and fry till they rise to the top of the fat, then turn them: when turned, they are done. Serve them up when cold, with jelly in the centre of each one.

267. *Cocoanut Cake.*

Stir together two cups of rolled white sugar and one of butter, add five beaten eggs, half a tea spoonful of soda dissolved in a cup of sweet milk, the white part of the cocoanut grated, half a nutmeg, and sifted flour to make a thick batter. Bake it in square pans, having the batter about an inch thick. Cocoanut sponge cake can be made by taking the yolks of six eggs, and stirring with a pint of fine white sugar the white part of a cocoanut grated, and half a nutmeg; then add the whites of the eggs beaten to a stiff froth, and half a pint of sifted flour very gradually. Bake it as soon as the whole is well mixed in pans, lined with buttered paper; if it bakes too fast on top, cover it with paper.

268. *Cocoanut Drops.*

Take equal weights of powdered white sugar, and grated cocoanut (taking care not to grate any of the brown part). Beat the whites of eggs to a stiff froth—there should be just enough to moisten the sugar and cocoanut, so that they will be quite stiff. Drop the mixture on to buttered plates of the size of a cent, several inches apart, and bake them in a moderate oven.

269. *Macaroons.*

Soak half a pound of sweet almonds in boiling-hot water,

till the skins will rub off easily. After removing the skins, pound them fine with rosewater. Beat the whites of three eggs to a stiff froth, then stir in gradually half a pound of fine white sugar: when well mixed, add the almonds. Drop the mixture with a tea spoon on to buttered plates, sift sugar over, and bake in a slow oven.

270. *Savoy Cakes.*

Beat the yolks of eight eggs to a froth, mix with them a pound of fine white sugar, the grated rind of a lemon, and half of the juice. Beat the whites of the eggs to a stiff froth, and stir them into the sugar and yolks, then add a pound of sifted flour, and two large spoonfuls of coriander seed. Drop the mixture on to buttered baking-plates with a large spoon, having the cakes several inches apart; sift sugar over them, and bake them in a quick oven.

271. *Almond Cheese Cakes.*

Boil a pint of new milk, stir in while boiling three beaten eggs; as soon as it boils up, after adding the eggs, remove it from the fire, and put to it half a wine-glass of wine. Separate the curd from the whey, and mix with the curd three eggs previously beaten, and mixed with six ounces of fine white sugar, half a pound of almonds that have been blanched and pounded fine, a tea spoonful of rosewater, and a quarter of a pound of melted butter. When the whole is well mixed, fill small pans that are lined with pastry; ornament the top with Zante currants and small narrow strips of citron. Bake the cakes immediately.

TRIFLES.

272. *Flummery.*

Lay sponge cake in a deep dish, pour on white wine to moisten it, turn over cold boiled custard made with the yolks of eggs. Beat the reserved whites to a stiff froth, and turn over the whole. This dish is improved by slicing up the cake and spreading the slices with jelly previous to turning over the wine and custard.

273. *Charlotte Russe.*

Boil slowly half an ounce of Russian isinglass in half a pint of milk, flavor it with the extract of lemon, or extract of vanilla; when reduced to half the quantity, take it from the fire, and when cool, strain it on to the beaten yolks of four eggs, and three ounces of fine white sugar; then set the mixture on the fire, stir it till it thickens, being careful not to let it boil. Beat to a froth a pint of thick cream, with a gill of sweet wine; mix it with the other ingredients, then add the whites of four eggs, beaten to a stiff froth. Line a deep dish with slices of sponge cake, and pour the above mixture over the cake. Another method is, to thicken a pint of sweet milk with a quarter of a pound of arrowroot, mixed smooth with a little cold milk; flavor it with the extract of vanilla or lemon, and mix it while warm with a quart of whip cream, then turn it on to sponge cakes. If it does not appear of a thick consistence when cold, set it into a pail of ice, and let it remain till stiff.

274. *Floating Island.*

Mix a pint and a half of thick sweet cream with a gill of wine; sweeten it with powdered white sugar, flavor it with orange flower, or extract of vanilla, and turn it into a deep dish. Beat the whites of four eggs to a stiff froth, and stir in half a pound of any dark colored jelly or small fruit you may happen to have; beat the eggs and fruit well together, then turn it into the centre of the dish.

275. *Ornamental Froth.*

Beat the whites of four eggs to a froth, then stir in half a pound of preserved strawberries, or raspberries; beat the whole well together, then turn it over the top of blanc mange or creams.

276. *A dish of Snow.*

Grate a cocoanut, leaving out the brown part, heap it up in the centre of a dessert dish, ornament it with myrtle, or box; served it up with snow cream, or cream and white sugar.

277. *Ice Currants*

Take large bunches of ripe currants, wash and drain them dry, then dip them into the whites of eggs previously beaten to a stiff froth. Lay them on a sieve at such a distance from each other that they will not touch, sift double-refined sugar over them thick, and set them in a warm place till dry.

BLANC MANGE.

278. *Isinglass Blanc Mange.*

Pull an ounce of mild white isinglass into small pieces, and put them with a quart of milk, if the weather is hot; if cold use an additional pint of milk. Set it over a very moderate fire, and stir it constantly till the isinglass dissolves, then sweeten it to the taste with double-refined white sugar; put in several blades of mace or a stick of cinnamon to flavor it; set it where it will boil five or six minutes, stirring it without any cessation, then strain it and fill the moulds; let it remain till cold. Serve it up in dessert dishes; ornament it with myrtle or box. The blanc mange may be flavored with extract of vanilla.

279. *Calf's-feet Blanc Mange.*

Boil four feet in five quarts of water, till reduced to one quart, strain and mix it with a quart of sweet milk and several sticks of cinnamon. Boil the whole ten minutes, sweeten to the taste with white sugar, strain and fill the moulds.

280. *Arrowroot Blanc Mange.*

A quart of milk, two large spoonfuls of arrowroot, a tea spoonful of salt. Mix the arrowroot smooth, with a portion of the milk, and stir into the remainder while boiling; sweeten it to the taste with white sugar. Boil with the milk several sticks of cinnamon, or blades of mace. Stir the blanc mange while boiling for several minutes, then strain and fill the moulds.

ICE-CREAMS.

281. *Directions for freezing Creams.*

Turn the cream into the freezer when sweetened and flavored, and set the freezer in a tub or keg of about the same depth as the freezer; if a hole is made in the bottom of the keg it will be found a convenience in order to let the water drain off from the ice while melting. The keg should be much larger than the freezer, so that considerable ice may be strewed around it; it should be crushed fine and put round the keg with alternate lays of coarse salt, having it reach almost to the lid of the freezer: the ice should be the last layer, in order to keep the salt from getting into the freezer when opened. (Snow, when it can be procured, is better than ice for freezing creams, as the cold produced by it when mixed with salt is more intense.) Cover the whole with a flannel cloth to keep the ice from melting rapidly; let it remain for half an hour, then open the lid of the freezer, scrape off what adheres to the side of the freezer, and mix it with the rest, then shake it constantly for half an hour, which is done by turning it half way round, then back, opening the freezer every ten minutes to scrape off what adheres to the sides, and mixing it with the rest. This process of turning the freezer half way round, then back, and mixing the cream as it freezes with that in the centre, which freezes less rapidly, is necessary to render it of a smooth consistency. A pudding-stick should be used to scrape the cream from the sides of the freezer, if there is any acid fruit in the cream, as the action of the acid on an iron spoon will impart a disagreeable flavor to the cream. In the course of an hour the cream will be of the consistence of snow, if the weather is dry; if damp, a longer time will be required to freeze it. It should then be put into moulds, if you wish to have the cream in handsome shape, and the moulds placed in the keg with fresh ice and salt, which should cover them, and a blanket thrown over the whole; keep it in a cool place until wanted for use. It usually takes a couple of hours for the cream to freeze sufficiently for eating. If you have no forms let the ice-cream remain in the freezer, packing it in fresh ice and salt. When the cream is to be eaten, wrap cloths around the sides and bottom of the forms or freezer for a

couple of minutes, having previously wrung them out of very hot water. The forms should be wiped on taking from the keg, so that no salt will adhere and get into the cream.

282. *Vanilla Ice-Cream.*

When cream alone is used, flavor it with the extract of vanilla, and mix with the cream powdered white sugar in the proportion of six ounces of sugar to a quart of cream. When well mixed, freeze it according to the preceding directions. If preferred, the cream may be flavored with the extract of lemon or peach. A vanilla bean may be substituted for the extract; it should be boiled in a little milk to extract the flavor. Mix the milk, when cold, with the cream.

283. *Arrowroot Ice-cream.*

Allow one large spoonful of arrowroot to a quart of milk, and two quarts of cream. Mix the arrowroot smooth with a little of the milk, and stir it into the remainder while boiling. When the whole boils thick like starch, remove it from the fire, flavor it with extract of lemon, strain it, and let it remain till cold before mixing it with the cream. Use the same proportion of sugar as for vanilla cream.

284. *Fruit Ice-cream.*

Hull strawberries, and to each quart of them put half a pound of fine white sugar; let them remain an hour, then strain and mix with cream in the proportion of a quart of berries to a quart of the cream; add an additional half pound of sugar to each quart of cream. Raspberry ice-cream is made in the same manner, using less sugar, as raspberries are not so acid as strawberries. If you wish to flavor your ice-cream with pine-apple, take off the rind, cut the apple into small pieces, and mix white sugar with the apples; let it remain several hours to form a syrup, then drain it off and use it to flavor your cream.

285. *Ice-cream with Custard.*

Make a boiled custard, using only five eggs to a quart of milk; boil a vanilla bean, or rind of lemon, with the custard, make it very sweet with white sugar, and when cold, mix it

with cream in equal proportions, adding six ounces of fine white sugar to each quart of cream. Freeze it according to the directions for freezing creams. Boiled custard frozen without being mixed with cream is very good, and much healthier than ice-cream.

286. *Orange Cream.*

Beat the yolks of eight eggs to a froth with the whites of two, then stir in half a pound of white sugar, half a pint of white wine, the juice of six oranges, and one lemon; flavor it with orange flower water. Set it on a moderate fire, stir till it thickens, then add a piece of butter of the size of a nutmeg; when the butter has melted, remove from the fire, stir it till cool, fill your glasses, beat the reserved whites to a froth and put on top.

287. *Snow Cream.*

Beat the whites of five eggs to a stiff froth, then stir in two large spoonfuls of powdered white sugar, a large spoonful of sweet wine, and a tea-spoonful of rose-water. Beat the whole well together, then add a pint of thick cream. This is a nice accompaniment to a dessert of sweet meats.

288. *Syllabub, or Whip Cream.*

Take good sweet cream; to a pint of it put a large spoonful of white wine; sweeten it to the taste with powdered white sugar, and flavor it, if you like, with extract of lemon, or vanilla. Beat it up well with a large spoon, unless you have a whisk. As fast as the froth rises, take it off, and put it in a whip bowl, or cover jelly in glasses with it. If the weather is hot, it will be necessary to cool the cream, by placing it on ice, before attempting to beat it, or the froth will not rise.

289. *Pink Cream.*

Take three gills of currant or strawberry juice; mix with half a pound of white powdered sugar a pint and a half of thick cream. Whisk it till well mixed, serve it up in a glass dish, or freeze it if you like.

290. *To Ice Coffee.*

Make coffee very strong; turn it off from the grounds, so that it will be perfectly clear. Make it very sweet with white sugar, and to each quart put a pint of cream, and freeze it in the same manner as ice cream.

291. *Iced Lemonade.*

Rub the rinds of fresh lemons with lumps of sugar, to extract the aromatic flavor; use the lumps to sweeten the lemonade. Allow three medium sized lemons to three pints of water, and the beaten whites of five eggs; make it very sweet with white sugar, and freeze it.

PASTRY AND PIES.

292. *Pastry.*

For good plain pastry, allow half a pound of shortening to a pound of flour; for rich pastry, allow three-quarters of a pound of shortening to a pound of flour. Half a pint of shortening to a quart of flour, is a good rule for common pastry. Lard alone makes the most delicate looking pie-crust, but the crust will taste better to have some butter used with the lard. Rub half of the shortening with two-thirds of the flour; add a little salt, unless very salt butter is used. When the shortening and flour are thoroughly rubbed together, add just sufficient cold water to moisten, so that it can be rolled out easily. Divide the crust into two equal portions, reserving one for the upper crust; roll out that for the under crust very thin, using considerable flour on the roller and moulding-board, to prevent it from sticking to them. Grease your pie-plates, and line them with the pastry. Roll out that reserved for the upper crust quite thin, spread on the shortening with a knife, sprinkle over the remainder of the flour, roll it up, and use it to cover the pies. The crust should be rolled from you, and it will be more delicate and flaky if rolled out several times, and the reserved shortening spread on, and the flour sprinkled over. The upper crust should be rolled about half an inch thick for the pie; trim off the edges with

a knife after covering the pie, press the crust down with a jagging iron or your fingers, to keep the juices of the fruit from running out, while baking. Make small gashes in the centre of juicy fruit pies. Pastry, to be nice, should be baked in a quick, but not furiously-hot oven. In cold weather it will be necessary to have the shortening warmed, so as to soften it when used, but care must be taken not to have it melt, or the pastry will not be flaky.

293. *Confectioners', or Puff Pastry.*

Weigh out a pound and a quarter of sifted flour, and a pound of good butter. Rub about one-third of the butter with two-thirds of the flour, and add a tea spoonful of salt, unless the butter is quite salt. Moisten it with cold water, so that you can just roll it out. Sprinkle part of the reserved flour on your moulding-board, cut the butter in thin slices, and roll it as thin as possible, using considerable flour on the moulding board and rolling-pin, to prevent the butter from adhering. Lay each piece separately on a floured plate. When the whole is rolled out, roll the pastry very thin, cover it with part of the butter, sprinkle over part of the reserved flour, then roll it up. Continue to roll it out, and put on the reserved butter and flour till the whole is used. Roll it out lightly, about one-third of an inch in thickness, and use it for puffs, &c., for on a rim and upper crust to pies, common pastry answers just as well for the under crust. It should be baked quick, and of a delicate brown; if it browns before the fruit in the pies is sufficiently baked, cover it with thick white paper.

294. *Apple Pie.*

When the apples are small and green, they are good stewed with the skins on; they should be cut into quarters previous to stewing: when soft, strain and sweeten them, and grate in a little nutmeg. If large, pare, quarter, and take out the cores; if not fully ripe, stew them in just sufficient water to keep them from burning; season them to the taste before making into pies. If fully ripe, they are best made into pies without previous stewing or seasoning. When the pies are baked, remove the upper crust carefully with a knife on to a plate, first cutting it through the centre. Put a piece of butter of the size of a walnut into each one; sweeten

to the taste, and flavor with whatever spice you please; nutmeg, or the grated rind of a lemon, is liked by most every one. If the apples are not sufficiently tart, add a little lemon juice, or tartaric acid, when seasoning the pies. Dried apples should have boiling water turned on them (after washing them thoroughly in cold water); stew them very soft; if not tart, put to them, while stewing, a little sour cider, or add, when seasoned, a little lemon juice. Orange peel stewed with the apples gives them a fine flavor. Strain the apples when stewed, sweeten, and season to the taste.

295. *Molasses Apple Pie.*

Take tart mellow apples; pare and slice them. Line a deep pie-plate or small pudding-dish with pastry, fill it half full of the apples, then sprinkle over a tea spoonful of all-spice or cinnamon. The grated rind of a lemon makes it very nice. Sprinkle over half a tea cup of sugar, fill the plate up with apples, put over them a tea spoonful more of spice, and molasses in the proportion of half a cup to an ordinary-sized pie. Cover it with a thick crust, making slits in the centre, press it tight round the edge, and bake it in a moderate oven about one hour. It should bake slowly, otherwise the molasses will boil and run out of the pie, instead of being absorbed by the apple.

296. *A Delicate Apple Pie.*

Make a rich syrup of white sugar, boiling in it several blades of mace, or lemon-rinds, to flavor it; then put in tart apples that have been pared, quartered, and the cores removed; only a few should be put in at once. When they begin to grow tender, put them into your pie-plates; if not sufficiently seasoned, add a little extract of lemon, or nutmeg, to the syrup, and turn it over the apples. Cover the pies with nice pastry, and bake till of a light brown, in a quick oven.

297. *Apple Puffs.*

Mix a quarter of a pound of butter with a quart of sifted flour, two eggs, and a tea spoonful of salt. When well rubbed together, add half a tea spoonful of soda dissolved in a little cold water, or sal volatile, of the size of a hazelnut. Moisten it with cold water, so that you can just roll

it out easily. Roll it out as thin as possible, cut it into cakes with a tumbler, put three of them together, sprinkling flour between each one, lay on the top a few thin slices of tart apples. sprinkle sugar over them, and grate on a little nutmeg. Enclose the apples by doubling the pastry over them, so as to make them of a crescent form ; press the edges together, so that the apples cannot get out while cooking. Fry the puffs in sufficient lard to cover them. It should be quite hot when they are put in. When of a light brown, take them up carefully.

298. *Mince Pie.*

The best kind of meat for mince pie is necks, tongues, and feet. A shank of beef is good for pies. Boil the meat till very tender, take it out of the liquor, clean it from bones and gristle, chop the meat very fine ; if not quite fat chop a little suet with it, or add butter when you make the pies. Mix with the meat an equal quantity of tart apples pared and chopped fine. Moisten the whole with cider, and a little wine, or brandy, sweeten it with a little molasses and sugar, add salt, cloves, cinnamon, allspice, and mace to the taste, being careful to have no one of the spices predominate. If you wish your pies rich, add seeded raisins, Zante currants, and citron, cut into small bits. Make the pies on shallow plates, and bake them about half an hour. Meat prepared as follows, will keep good for several months, if placed in a dry, cool place : To each pound of finely-chopped meat, and a quarter of a pound of suet, put half an ounce of mace, the same of cinnamon and allspice, a quarter of an ounce of cloves, and two tea spoonfuls of salt. Moisten the meat with French brandy and wine, sweeten it with sugar ; a little molasses improves it ; add raisins and citron, if you like, or defer putting them in until making the pies. Put the meat in a stone pot, cover it with a paper wet in brandy. Whenever you wish to use any of it for pies, take out the required quantity and mix with an equal weight of apples, pared and chopped fine ; add more sugar and spice, if necessary, and if the apples are not quite tart, sour cider or lemon juice. Some cooks put the apples down with the meat, but the pies will not be so good as if the apples are fresh, and the meat is more liable to spoil if the apples are mixed with it for any length of time.

299. *Peach Pie.*

If mellow and juicy, they are nice made into pies with the stones in, the prussic acid of the stones gives them a fine flavor. Pare and put them in deep pie plates, or a pudding-dish, with a lining of pastry. Sprinkle a thick layer of sugar on each layer of peaches, sprinkle over a little flour, add a large spoonful of water, cover with a thick crust, and bake about an hour in a moderately-hot oven. If not mellow and juicy, pare and take out the stones before baking. Dried peaches should be stewed till tender, and sweetened previous to making pies of them.

300. *Tart Pie.*

Sour apples, dried peaches, cranberries, grapes, and gooseberries, are suitable fruits for pies. Stew them soft, then strain and sweeten to the taste. If apples are used for the tarts, season them with the grated rind of a lemon or nutmeg. The other fruits require no spice. Add a beaten egg to each pie, in order to have it cut smooth. Make the pies on shallow plates, with a lining and rim of pastry; ornament the pies with small narrow strips of pastry, bake them till the crust is done.

301. *Rhubarb Pie.*

Take good-sized tender stalks of rhubarb, cut them into small bits without stripping off the skin; if old and tough, it will be necessary to remove the skins previous to cutting them. Bake them in deep plates with a thick layer of sugar to each layer of rhubarb; an ordinary-sized pie requires half a pint of sugar. A lemon cut into small bits improves the pies; one lemon will answer for two pies. Cover the pies with a thick crust, make apertures in the centre of the crust, press the edges down tight. Bake it slowly for about one hour. Rhubarb makes a good tart stewed tender and strained. To a quart of the strained rhubarb put a pint of milk, three beaten eggs, three ounces of pounded crackers, the grated rind of a lemon with the juice; sweeten to the taste.

302. *Lemon Pies.*

Allow for each pie you wish to make, two good-sized

lemons. Squeeze out the juice, chop the rind fine, mix them with a couple of crackers that have been soaked soft in cold water and mashed, add the juice, and a half a pint of molasses or sugar; the molasses is the best. Bake the pies with an under and upper crust. Another method is to grate the rind, squeeze out the juice of two medium-sized lemons, mix the grated rind and juice (leaving out the white part) with a quart of milk, a couple of large spoonfuls of powdered crackers, one spoonful of melted butter, six large spoonfuls of rolled white sugar, and six beaten eggs. Bake the mixture in deep pie-plates, with a lining and rim of nice pastry. It will take about twenty-five minutes to bake the pies in a quick oven. They should be eaten cold, and are very delicate made by the last rule; the first makes a good plain pie.

303. *Grape Pie.*

Grapes are the best for pies when tender and green; if not very small they require stewing and straining to get rid of the seeds; sweeten to the taste when strained. If the pies are made of whole grapes, allow half a pint of sugar to a medium sized pie; put in the sugar and grapes in alternate layers, in deep pie-plates, add a table spoonful of water to each pie.

304. *Currant and Gooseberry Pie.*

They make the best pies when of a full growth, just before they begin to ripen. Ripe currants make a good pie if mixed with raspberries, whortle, or mulberries. Put to each layer of green berries, when put into the pie-plates, a thick layer of sugar, allowing half a pint of sugar to a quart of the fruit. The pies should be made on deep plates, and baked slowly. As the syrup is apt to run out while baking, and leave the fruit dry, the most sure way to have the pies sweet enough, is to stew the fruit over a moderate fire with half a pint of water; when they begin to break, add the sugar and let it scald in well.

305. *Prune Pie.*

Dry prunes that have become too hard to eat without stewing, can be made into a good pie. Turn on sufficient water to cover them, set them where they will get warm, and let them remain till swelled out plump. If there is not suf-

ficient water to make a syrup for them, add more. Sweeten and season with the grated rind of a lemon and the juice, or cinnamon and cloves. If mixed with a few tart plums, they are much improved.

306. *Pumpkin and Squash Pies.*

The common round pumpkin is most used for pies, but but the butter pumpkin, the winter squash, and Valparaiso squash, make more delicate pies. Cut them up into small pieces, taking out the seed, and stew them over a moderate fire, with just sufficient water to keep them from burning at the bottom of the pot. When stewed soft, turn off the water, and let it steam over a slow fire for fifteen or twenty minutes, taking care that it does not burn; then remove it from the fire, strain it through a colander, when cool. If the rind is cut off before boiling, there will be no necessity for straining it; but it should be mashed free from lumps. If you wish the pies very rich, to a quart of the strained pumpkin put two quarts of milk and ten eggs; if plain, use a quart only of milk to one of the pumpkins, and three or four eggs. The thicker the pie is of the pumpkin, the less will be the number of eggs required. They can be made without any; but they will not be very good. Add sugar, salt, and ginger, to the taste. Mace, and the grated rind of a lemon, make them very nice; they are also improved by cream in the proportion of a pint to a quart of pumpkin, and three pints of milk. Pumpkin pies require a very hot oven, and long baking, without a good many eggs are put in them. The rim of the pies are apt to get baked too hard before the pumpkin is sufficiently baked; on this account, it is best to heat the mixture when prepared for the pies, previous to filling them. Bake the pies as soon as filled, or the under crust will be clammy. Stewed pumpkin can be kept a number of weeks, by sweetening, and adding salt and ginger to the taste, then scalding the whole in well; keep it in a cool place. When you wish to make pies of a portion of it, add milk and eggs.

307. *Small Puffs.*

Make puff pastry according to the directions given in this book. Divide it into two equal portions, roll one of them quite thin, cut it into small circular cakes, put two of them

together, and sprinkle flour between; roll out the remainder half an inch thick, cut it into narrow strips, and lay them round the edge of the circular pieces, so as to form a rim. Bake them on buttered tins, in a quick oven, till of a light brown. Fill them, when cool, with jelly, or any small preserved fruit you may happen to have.

308. *Marlborough Tarts.*

Quarter and stew tart apples till soft enough to strain through a sieve. To twelve large spoonfuls of the strained apple, put three of melted butter, the juice and grated rind of a lemon, half a nutmeg, half a pint of milk, a wine glass of wine, four beaten eggs, and sugar to the taste. Bake the tarts with a lining and rim of pastry; ornament them with small strips of the pastry.

309. *Quince Tarts.*

Stew and strain six quinces, mix with them half a pound of sugar, half a pint of cream, four eggs, and nutmeg to the taste.

310. *Cocoanut Pie.*

Cut off the brown part of the cocoanut, grate the rest, and put it with a quart of milk, using the milk of the cocoanut, if able to save it when the shell is cracked. Simmer the cocoanut and milk for a quarter of an hour over a moderate fire, then take it from the fire, and mix it with four large spoonfuls of white sugar, two of melted butter, a small cracker pounded fine, and half a nutmeg. Add, when cool, a wine glass of wine, five eggs, beaten to a froth. Turn the mixture into deep plates, that have a lining and rim of nice pastry, and bake them immediately in a quick oven. They should not be eaten until cold.

311. *Meringoes, or Cream Puffs.*

Boil a pint of water, rub together half a pound of butter, three-quarters of a pound of sifted flour; stir them into the water while boiling. When it thickens like starch, remove it from the fire. When cool, stir into it ten well-beaten eggs, and a small tea spoonful of soda; then drop the mixture on to buttered tins with a large spoon, having them several

inches apart; bake them till of a light brown, in a quick oven. When done, open on one side, and fill them with mock cream, which is made as follows :

312. *Mock Cream.*

One cup of fine white sugar, four eggs, one cup of flour, one quart of milk. Beat the eggs to a froth, stir in the sugar, then the flour, stir them into the milk while boiling, stir till it thickens, then remove from the fire, and flavor it with extract of lemon, or extract of vanilla. It should not be put into the cream puffs until it is cool.

CUSTARDS.

313. *Baked Custard.*

Allow six eggs to a quart of milk, for a rich custard; for a plain one, four eggs is sufficient. Beat the eggs to a froth, with a couple of heaping table spoonfuls of fine sugar, then stir them into the milk. Flavor the custard with extract of peach, or nutmeg; bake it in cups, or a deep dish. It will be less likely to whey, if the cups are set into a pan of water while baking; the water should be warm when they are put in, and nearly to the top of the cups. If the oven is hot, the custard will bake in cups in the course of twenty minutes; if in a large dish, a longer time will be required.

314. *Snow-ball, or Boiled Custard.*

Separate the yolks and whites of eggs, using seven of them for one quart of milk, for a rich custard, and four for a plain one. Boil the milk. Beat the whites to a stiff froth, drop them by the large spoonful into the boiling milk, boil them a minute, then take them up with a skimmer and lay them on a sieve to drain. After boiling the whites of the eggs, strain the milk, sweeten it with white sugar, and flavor it with any one of the following extracts: vanilla, peach, or lemon. When it cools, so as not to scald the eggs, beat the yolks to a froth, mix them with the milk, and set it over a moderate fire, stirring it constantly, till it becomes scalding hot; taking care that it does not boil, or it will become

lumpy Remove from the fire when it thickens, and stir it for several minutes. When cool, turn it into a whip-bowl, or a deep dish, place over it the whites of the eggs, and if you like, put jelly in the centre of each one. It will be more easily rendered of a smooth consistency if it is put in a tin kettle, and the kettle set into a pot of boiling water, over a fire; it will require constant stirring, and should be removed from the fire before it boils.

315. *Cream Custard.*

Sweeten a pint of fresh thick cream with powdered white sugar; set it on a few coals; when hot, stir in white wine till it curdles; add rosewater or extract of peach to the taste; then turn it into custard cups. Another method, which is also very nice, is, to take a pint of cream, the same measure of milk, five eggs, two large spoonfuls of sugar, and one of flour. Mix the flour smoothly with a small portion of the milk, beat the eggs to a froth, then mix all the ingredients together, and flavor with extract of peach, vanilla, or nutmeg. Bake the custard in cups as soon as mixed.

316. *Apple Custard.*

Take half a dozen medium-sized apples, which should be tart and mellow; pare them and take out the cores; put them in a pan; fill the place where the cores have been extracted with sugar; turn half a pint of water in the pan, and set it over a moderate fire. When they begin to soften, put them in a pudding-dish, and turn over them a custard made of three pints of milk, seven eggs, four large spoonfuls of sugar, and one nutmeg. It will take from twenty-five to thirty minutes to bake the custard.

317. *Rennet Custard.*

Put cleaned calf's rennet into white wine, in the proportion of a piece three inches square to a pint of wine. It will be fit to use in the course of seven or eight hours. Whenever you wish to make a custard, put three large spoonfuls of the wine to a quart of sweet milk, four large spoonfuls of fine white sugar, and extract of peach or lemon to the taste. Stir the whole together for twenty minutes, then dish it out, and grate nutmeg over the top. It should be eaten in the course of an hour, as it soon curdles.

PUDDINGS.

318. *Directions for Puddings.*

A bag that is used for boiling puddings should be made of thick cotton cloth, and previous to filling it with a pudding, it should be wrung out of hot water, and floured on the inside. Do not fill it entirely with the pudding, as it will swell when boiling. Indian and batter pudding require a great deal of room, as they swell more than other kinds. Have an old plate at the bottom of the pot in which you boil the pudding, to keep the bag from sticking to it and burning. The water should boil when the pudding is put in, and in the course of a few minutes turn the bag over, or else the pudding will settle, and be heavy. The pot should boil without any cessation, and there should be sufficient water to cover the pudding all the time it is boiling. Keep a tea kettle of hot water to fill up the pot, as the water boils away. When you wish to turn out the pudding, dip the bag into cold water for a minute, and it will slip out easily. When puddings are baked, raisins or other kinds of fruit should not be put in till they have been in the oven long enough to thicken, so that they will not sink to the bottom. If dredged with flour previous to adding them, they will be less liable to fall to the bottom.

319. *Hasty Pudding.*

This pudding is very improperly named, as it takes a long time to cook it well. Wet up sifted Indian meal with cold water, to make a thick batter; stir it into a pot of boiling water gradually. Boil it an hour, then add dry Indian meal gradually, till it becomes so thick that the pudding stick will remain stationary in the centre of the pot, taking care not to get it too stiff or lumpy; add salt to the taste. Boil it over a very moderate fire, and stir it frequently, so that it will not burn to the bottom of the pot, and the whole have a disagreeable taste. If it is to be eaten without frying, it will boil sufficiently in the course of an hour and a half. It will be necessary to boil it an hour longer for frying. Just before removing it from the fire, stir in half a pint of wheat, or rye flour, to make it adhere, so that it can be fried well; when it has scalded in, turn the pudding into pans, having it

nearly two inches deep in them. It must remain till cold before it can be fried. Cut it into slices half an inch thick, flour the slices, and fry them till brown in a good deal of fat; it should be very hot when the pudding is put in, or it will not brown well.

320. *Green Corn Pudding.*

Grate sweet green corn; to three cups of it when grated put a couple of quarts of milk, two tea spoonfuls of salt, half a cup of melted butter, and six beaten eggs. Bake it an hour, and serve it up with meat. It can be used for dessert if accompanied with pudding sauce.

321. *Boiled Indian Pudding.*

Mix sifted Indian meal with three pints of scalding-hot milk, to make a stiff batter; if you have no milk, water may be substituted. Stir in three large spoonfuls of sugar or molasses, two of wheat flour, half a one of ginger, or a couple of tea spoonfuls of cinnamon, and one of salt. Two or three eggs, a little melted butter, or chopped suet, improve the pudding. Do not have the pudding-bag much more than half full of the batter, as it requires considerable room to swell. It will be good when boiled three hours, but better for boiling five or six. It can be partly boiled the day before it is eaten, but should not remain in the water unless boiling. Serve it up with sugar and butter, or molasses.

322. *Baked Indian Pudding.*

Boil a quart of milk, and turn it on to a pint of sifted Indian meal; stir it in well, so as to scald the meal; add three table spoonfuls of sugar, two of butter, or suet chopped fine, a tea spoonful of salt, two of cinnamon, or a grated nutmeg. Mix three large spoonfuls of wheat flour gradually with a pint of sweet milk, having it free from lumps, and stir it into the pudding. When the whole is just lukewarm, add three beaten eggs. If you wish a rich pudding, put in half a pound of raisins, when the pudding has been in the oven long enough to thicken, so that they will not sink to the bottom of it; if dredged with flour previous to putting them in, they will be less liable to sink. When raisins are added, an additional half pint of milk will be necessary, in making

the pudding, as they absorb the milk. The above makes a very delicate pudding; if a large one is wanted, the rule must be doubled. A good plain pudding may be made, without eggs, in the following manner: Turn a quart of boiling milk on to seven large spoonfuls of sifted Indian meal, mix with the batter two large spoonfuls of melted butter, a tea spoonful of salt, half a cup of molasses or sugar, and two tea spoonfuls of cinnamon or ginger. Turn it into a buttered pudding-dish or pan. and just before putting it in the oven, stir in half a pint of cold water—this will make the pudding light. It takes three hours to bake an Indian pudding without any eggs in it; if eggs are used for it, much less time will be required for baking.

323. *An Indian Apple Pudding.*

Turn three pints of scalding milk on to a pint of sifted Indian meal, stir in two large spoonfuls of sugar, two tea spoonfuls of cinnamon or ginger, and a tea spoonful of salt; add a dozen sweet apples, pared and sliced thin. Bake it three hours. The apples will form a nice sweet jelly.

324. *A Minute Pudding.*

A minute pudding may be made of any kind of flour, but those made of potato flour or corn starch are the best. Put a pint and a half of milk on the fire, mix four large spoonfuls of flour smoothly with half a pint of milk, add three beaten eggs, a tea spoonful of salt, and stir the batter into the milk on the fire, when it boils. Stir the whole constantly till it is very thick, which will be in the course of three or four minutes. Turn it into your pudding-dish, and serve it up immediately with rich pudding sauce.

325. *Boiled Bread Pudding.*

Soak about a pound of bread in cold water till soft; it should be broken into small pieces previous to soaking. Drain off all the water when it becomes soft, mash it fine, and mix with it two large spoonfuls of flour, a tea spoonful of salt, two large spoonfuls of melted butter, three beaten eggs, and sufficient milk to render it a thick batter. If the pudding is made of sour bread, add a tea spoonful of soda or saleratus,

dissolved in a pint of the milk used for the pudding. Boil the pudding an hour, and serve it up with pudding sauce.

326. *A Baked Bread Pudding.*

Take about three-quarters of a pound of bread, broken into small pieces, and soak it in two quarts of milk till soft, then mash it fine, and mix with it and the milk in which it is soaked half a cup of melted butter, a tea spoonful of salt, and one of soda: if the bread is sour, it should be dissolved previously in a little milk. Add four or five beaten eggs; bake it about one hour; serve it up with a rich sauce. A more delicate pudding may be made of rusked bread, pounded fine: to five heaping table spoons of it, put a quart of milk, three beaten eggs, three large spoonfuls of sugar, the same of melted butter, and half a nutmeg. No sauce is required.

327. *Bread and Butter Pudding.*

Cut about a pound of light good bread into thin slices, spread them with butter, as for eating, lay them in a pudding-dish, and strew between each layer of bread seeded raising. Beat six eggs with three or four large spoonfuls of sugar, mix them with three pints of sweet milk, and a grated nutmeg. Turn the whole over the bread, let it remain until full one-half of the milk is absorbed by the bread, then bake it three quarters of an hour. No sauce will be required for the pudding.

328. *Arrowroot Pudding.*

Mix two large spoonfuls of arrowroot with a little cold milk, having it smooth, stir it into a pint of boiling milk; continue to stir it till it thickens like starch, then remove it from the fire, and mix with it half a cup of sugar, two large spoonfuls of wine, a grated nutmeg, a tea spoonful of salt, and a pint of cold milk. When the whole is just lukewarm, stir in four beaten eggs, and bake it.

329. *Batter Pudding.*

One quart of milk, a pint and a half of wheat flour, sifted. a tea spoonful of salt, five eggs, two large spoonfuls of melted butter; and if you wish a very rich pudding, add half a

pound of seeded raisins when the pudding has baked long enough to thicken, so that they will not sink to the bottom of the pudding-dish. Mix the milk gradually with the flour, so that it will be free from lumps, then add the salt and butter; beat the eggs to a froth, and stir into the batter; turn it into a buttered pudding-dish, and bake it an hour in a quick oven. It should be eaten as soon as taken from the oven, as it falls very soon. A batter pudding for boiling is made as for baking, with the addition of half a pint more of flour to each pint of milk; it takes two hours to boil it. Wring the pudding-bag out of hot water, flour the inside, and do not have the bag more than two-thirds full, as the batter will swell very much while boiling. Put it into a pot of boiling water, and do not allow it to stop boiling until the pudding is done. Keep a kettle of boiling-hot water to fill up the pot as the water boils away; no part of the bag should be uncovered, and it should be turned over after boiling eight or ten minutes; otherwise the pudding will settle and be heavy. Batter pudding should be served up with a rich sauce.

330. *Vermicelli Pudding.*

Simmer a couple of ounces of vermicelli in a pint of milk, with a stick of cinnamon, and the rind of a lemon. When tender, remove from the fire, and mix with it a pint of cold milk, a glass of wine, a tea spoonful of salt and sugar to the taste. When cool, beat four eggs, and stir into it, and bake it in a moderately-hot oven.

331. *Rice Florendine.*

Boil a pint of rice in two quarts of water, with a couple of tea spoonfuls of salt. When soft, take it from the fire, and mix with it a quart of cold milk; when cool, add three or four eggs, half a pound of raisins; set it back on a moderate fire, and boil it till the raisins are cooked. Serve it up with pudding sauce, or cream and white sugar.

332. *Rice Pudding without Eggs.*

Wash two thirds of a pint of rice, and put it into a pudding-dish, with two quarts of milk, a tea cup and a half of sugar, two tea spoonfuls of salt, a grated nutmeg, and half a cup of melted butter. Put it in the oven; when it has been

in long enough to have the rice swell ; stir it up well, so as to have all the ingredients well mixed, and add half a pound of raisins, if you wish a rich pudding. It will take over two hours to bake it sufficiently. It does not require any sauce. The sugar and butter may be omitted in the pudding, and made into a sauce, if preferred.

333. *Rice Pudding, with Eggs.*

Boil a pint of rice (previously well rinsed) in three pints of water, with a couple of tea spoonfuls of salt. When soft, take it up, and mix with it three pints of cold milk, a cup and a half of sugar, a grated nutmeg, half a pint of cream, or two large spoonfuls of melted butter. When cool, beat four eggs to a froth, and stir in ; add, if you like, half a pound of raisins. Bake it about an hour.

334. *Cream Pudding.*

Mix a pint of sifted flour smoothly with a pint of cold milk, stir into the batter a couple of tea spoonfuls of salt, six eggs, beaten with a couple of large spoonfuls of powdered white sugar, and a grated nutmeg. Mix them well together, and stir in, just before setting the pudding in the oven, a pint of thick cream. It is the best baked in cups, but a pudding-dish will answer very well to bake it in.

335. *Fruit Pudding.*

Make good pastry, roll it half an inch thick, and strew over it any one of the following kinds of fruit : Currants and raspberries, mixed ; or whortle and blackberries. The fruit should be ripe. Sprinkle sugar over the whole. Blackberries, or whortleberries, are improved by the addition of powdered cloves, or cinnamon. Roll the crust up carefully, so that the fruit will not drop out ; close the ends and lay it on a white towel, that has been wrung out of scalding-hot water, and floured. Sew the towel round the pudding, put it in a pot of boiling water, with a plate at the bottom. For a baked fruit pudding, make a batter of wheat flour, eggs, and milk, in the proportion of a pint and a half of flour and four eggs to a quart of milk ; for each quart of milk allow a pint of ripe fruit, mixed with sufficient sugar to sweeten the fruit previous to mixing with the batter.

336. *Marlborough Pudding.*

Pare and grate sweet mellow apples; to a pint of the grated apple put a pint of milk, two large spoonfuls of melted butter, the grated rind of a lemon, half a nutmeg, two large spoonfuls of brandy, and three eggs beaten to a froth. Sweeten it to the taste, and bake it in a small pudding-dish, or deep pie plates, with a lining and rim of nice pastry.

337. *Almond Pudding.*

Turn boiling water on to three-quarters of a pound of sweet almonds, let them remain till the skins will slip off, then rub them with a dry cloth; when perfectly dry, pound them fine, with a large spoonful of rosewater. Beat six eggs to a froth, with three large spoonfuls of fine white sugar, mix them with a quart of milk, three large spoonfuls of pounded cracker, four ounces of melted butter, the same of citron cut into small bits; add the almonds, stir all well together, and bake it in a small pudding-dish with a lining and rim of pastry. The pudding is best when cold. It will bake in the course of half an hour in a quick oven.

338. *Tapioca Pudding.*

Put eight large spoonfuls of tapioca to three pints of milk, warm it, and let it soak till it becomes soft, then stir it up and mix with it two spoonfuls of melted butter, four beaten eggs, a wine glass of wine, four large spoonfuls of fine white sugar, a grated nutmeg, or the rind of a lemon. Bake it immediately.

339. *Sago Pudding.*

Rinse the sago in cold water, and to half a pint of it put a pint of milk; set it on a moderate fire, and stir it till it thickens like starch. Then take it up, and mix with it a cup of sugar, a tea spoonful of salt, three pints of milk, a grated nutmeg, or rind of a lemon, and four beaten eggs. If you wish it quite rich, add two more eggs, a glass of wine, and a quarter of a pound of Zante currants. Bake it in a quick oven from half to three-quarters of an hour. It may be eaten while hot, but is better cold.

340. *A Transparent Pudding.*

Pare tart, juicy apples of a medium size; remove the cores with an apple-corer or small knife, and place them in a pudding-pish; fill the holes in the apples with sugar and a bit of stick cinnamon, or mace. For half a dozen apples, take half a pound of sago, rinse it in cold water, strew it round the apples in the pudding-dish, pour in cold water till it will just come to the top of the apples. Bake the pudding till the apples become soft, and the sago forms a thick jelly round them. If the apples begin to brown before they are soft, cover the pudding-dish with a plate. Serve it up, either cold or hot, with white sugar and cream; if you cannot procure the latter, substitute the following: mix two tea spoonfuls of flour with the beaten yolks of a couple of eggs, turn on them gradually a pint of boiling milk, stirring constantly to make it mix smooth. This pudding forms a very nice and cheap dessert.

341. *Birds'-Nest Pudding.*

Pare and halve tart mellow apples, scoop out the cores, mix a little flour and water to form a thick paste, and put a little of it on each apple so that the Zante currants, which are added, will stick to the apples, there should be three or four in each one. Line a buttered pudding-dish with pastry, have a rim of pastry on the dish, put in the apples with the hollow side up, and lay long narrow strips of citron round the apples. Stir to a cream half a pound each of butter and fine white sugar, add eight eggs, the whites and yolks beaten separately, flavor it with mace or nutmeg, set it on a few coals, and stir till quite hot; take it from the fire, continue to stir it till just lukewarm, then turn it over the apples, and bake the pudding immediately.

342. *Boiled Plum Pudding.*

Take a pound of bread, cut or break it into small pieces, and soak them in a quart of milk; when soft, mash the bread and mix with it three large spoonfuls of flour, previously mixed with a cup of milk, free from lumps; add half a pound of brown sugar, a wine glass of wine, one of brandy, a tea spoonful of salt, the same of pulverized mace and cinnamon, or a grated rind of a lemon. Stir the whole well together

with a quarter of a pound of chopped suet, or melted butter. Then add ten well-beaten eggs, a pound of Zante currants and the same of seeded raisins. Boil it according to the directions given for puddings; it will require boiling three or four hours.

343. *English Plum Pudding.*

Soak three-quarters of a pound of crackers in a couple of quarts of milk; they should be broken into small bits previous to soaking: when soft, add a quarter of a pound of melted butter, the same quantity of sugar, and a wine-glass of wine. Mix half a pint of wheat flour with a little milk, and stir into the pudding, together with ten beaten eggs, a grated nutmeg, a tea spoonful of pulverized mace, and a tea spoonful of salt. When the whole is well mixed, turn it into a buttered pudding-dish, and bake it two hours. When the pudding has baked a few minutes, and become thick, dredge a pound of raisins with flour, and stir into the pudding, and the same of Zante currants.

FRITTERS AND DUMPLINGS.

344. *Plain Fritters.*

Turn a quart of milk on to a quart of sifted flour gradually, stirring it so that it will be free from lumps; add a tea spoonful of salt, and six eggs; four will answer, but the fritters will not be as light, and free from grease. Drop them by the large spoonful into boiling-hot fat. They should be fried in a large quantity of fat. Serve them up with wine and sugar, or liquid pudding-sauce.

345. *Apple Fritters*

Make a batter as for plain fritters. Pare and grate five good-sized apples, and stir into the batter; add the grated rind of a lemon or nutmeg.

346. *App'e Dumplings.*

Pare tart mellow apples, take out the cores with a small

knife or apple-corer, and fill the holes with sugar. Make a good plain pie-crust, roll it two-thirds of an inch thick, cut it into pieces just large enough to enclose one apple, lay the apples in them, close the crust tight over the apples, and tie the dumplings, each one separately, in a piece of cloth that has been wrung out of hot water and floured. Put them into boiling water, and boil them without intermission for an hour: if allowed to stop boiling, they will be heavy. Serve them up with butter and sugar. Another method of making them is, to line a large quart or three-pint bowl with a crust made of sour milk, flour, and a tea spoonful of soda; fill it with sliced tart apples, adding a little sugar to them. Cover them with a thick crust, cover it over with a plate, tie the bowl up tight in a cloth, and place the bowl in a pot of boiling water. Boil it between two and three hours. Then turn the dumpling on to a platter. If done right, it will be a nice brown. The bowl should be buttered before lining it with the crust. Peaches are nice in the same way.

347. *Norfolk Dumplings.*

Mix a pint of milk, a pint of flour, a tea spoonful of salt, and five beaten eggs. Drop the mixture by the large spoonful into a pot of boiling water. Boil them five minutes, then lay them on a sieve to drain. Serve them up directly with pudding-sauce.

SYRUPS.

348. *Orange Syrup.*

Squeeze the juice from fresh oranges; to a pint of it put a pound of white sugar; set it on a moderate fire; when the sugar dissolves, put in the peel of the oranges, and set the syrup where it will boil slowly eight or ten minutes, then strain it till clear through a jelly-bag; do not squeeze the bag while the syrup is passing through, as it will not be clear if the bag is squeezed. Bottle, cork, and seal it tight. This syrup is nice to flavor puddings and pies.

349. *Blackberry Syrup.*

Procure perfectly ripe high vine blackberries; the low vine berries will not answer for syrup, as they do not possess the medicinal properties of the high berries. Set the berries on a moderate fire, let them remain till they break to pieces, then mash them. and strain them through a flannel bag; to each pint of juice put a pound of white sugar, half an ounce of powdered cinnamon, quarter of an ounce of mace, and a couple of tea spoonfuls of cloves,. Boil the whole together for a quarter of an hour. Then strain the syrup again, and to each pint of it put a glass of French brandy. Put it in bottles, cork, and seal it tight, and keep it in a cool place. This, mixed with cold water, in the proportion of a wine-glass of it to two-thirds of a tumbler of water, is a fine summer beverage, and an excellent remedy for bowel complaints.

350. *Elderberry Syrup.*

Wash and strain ripe elderberries. To a pint of the juice put a pint of molasses, and boil it twenty minutes, stirring it constantly; take it from the fire; when cold, add to each quart four table spoonfuls of French brandy; bottle and cork it tight. This is an excellent remedy for a tight cough.

351. *To Clarify Syrup for Sweetmeats.*

If the syrup is made of nice white sugar, it will not need clarifying; but if of brown sugar, it will be necessary previous to preserving the fruit in it. Allow the beaten white of an egg to every three pounds of sugar, and half a pint of water to each pound of sugar, without the fruit to be preserved in it is very juicy; if so, a less quantity of water should be used. Mix the sugar, water, and egg in your preserving-kettle, and set it where it will warm slowly, stirring up the sugar while dissolving; when dissolved, set it where it will boil up, then remove it from the fire, and let it remain for a minute, then take off the scum; set it back on the fire; let it boil up again, then remove from the fire and skim it again. This process repeat till the syrup is clear. Let it get cold before adding the fruit.

SWEETMEATS.

352. *Directions for Preserving Fruit.*

Most kinds of fruit require a pound of sugar to each pound of fruit, to preserve them well; some very acid fruits require more than an equal weight of sugar, and some can be preserved with less than a pound. White sugar makes the most delicate sweetmeats; nice brown answers very well for some kinds of fruit. The West India sugar-house syrup is better than sugar to preserve fruit in, on account of its never fermenting. All kinds of fire-proof ware will answer for preserving, excepting ironware, which will not, unless lined with porcelain; if so, it is better than brass, as the latter is apt to give fruit a disagreeable flavor, from the action of the acid contained in the fruit upon the metal. Prepare your syrup, clarifying according to the previous directions, if brown sugar is used, unless the fruit is made into a marmalade or jam, for then the sugar is mixed with the fruit after straining it, without any water. The syrup should be cool when the fruit is put in; the fruit should boil gently, and not be crowded in the preserving kettle, and turned out of the kettle as soon as done, and put in a cool place. Hard fruit, such as quinces and pears, and similar fruit, should be preserved in a thin syrup; if the syrup is rich when they are boiled in it, they will be hard; take them up before they begin to break. In the course of three or four days, turn the syrup from them, boil it till it will just cover them, and turn back on them while hot; if cooked sufficiently in the syrup at first, they are not apt to retain their shape well. Fruit preserves its color, and taste best, by being boiled a short time in the syrup, but less liable to ferment if boiled a long time. When they ferment, scald them, adding a quarter of a pound more of sugar to a pound of the fruit. To restore them to a liquid state when candied, set the jars—without they are glass ones—which contain them in a kettle of lukewarm water, and set it where the water will boil. When mould appears in spots on sweetmeats, turn the syrup from them, and scald and turn it back while hot. A thick leathery mould over the top excludes the air, and should not be removed, as it keeps them from fermenting. A paper wet in brandy, and laid over the top of the sweetmeats, has a tendency to keep them from

fermenting; but a little French brandy turned over them is a more sure preservative, and will not injure the flavor of the fruit. All sweetmeats should be kept in a cool, dry place, and if the jars are put in dry sand, are less likely to ferment: they should be watched closely during the warm weather. Sweetmeats should be kept in jars that have never been used for other purposes, and glass ones are the best for delicate fruits like strawberries and pine apples. It is advisable to keep the preserves in small jars, containing just the quantity you would wish to use at one time, as exposure to the air injures most kinds of sweetmeats. Brown blotting paper, moistened with whites of eggs, and placed over the jars containing sweetmeats, will exclude the air perfectly. There should be two layers of the paper, and a cover placed over the jar, when the paper gets dry.

353. *Apples.*

Apples for preserving should be tart and mellow. Pare them, and take out the cores with an apple-corer or small knife. Allow for each pound of them three-quarters of a pound of sugar, and sufficient water to cover the apples. Make the syrup and boil in it. After making the syrup, let it get just lukewarm, then add the apples. Boil them till transparent; when partly cooled, add a little of the extract of lemon or orange syrup. In the course of a week, turn the syrup from them, boil it, and turn it back while hot. Apples for immediate use are very nice prepared in the following manner: Take good-sized tart apples, remove the cores without paring them, put the apples into a tin pan, fill the holes with sugar, and add a small bit of cinnamon, if you like. To a dozen of the apples, put half a pint of cold water: bake them till quite soft. They will not keep well over a couple of days in this way.

354. *Crab Apples.*

Make a syrup, allowing equal weight of sugar and apples. When the syrup becomes cool, put in the apples, which should previously be cut into halves, and the cores taken out with a small knife. Boil them, without crowding, till they begin to grow soft, then take them up. Boil the syrup in the course of three or four days, and turn it on them while

hot; this repeat at intervals of several days, until they appear to be thoroughly preserved.

355. *Crab Apple Marmalade.*

Boil the apples in just sufficient water to keep them from burning. When soft, strain them, and stew them over a slow fire, with an equal weight of brown sugar. Stir the marmalade constantly till of a thick consistency, then take a small portion of it, and put it where it will get cold. If it cuts smooth, it is sufficiently stewed; turn it into deep dishes or saucers.

356. *Pine Apples.*

Take those that are perfectly ripe and fresh, pare off the rind, and cut the apples an inch thick; allow equal weights of the apple and double-refined sugar. Take half of the sugar, and sprinkle between each slice of the pine apple; let them remain till the juice runs, so as to form considerable syrup, then turn it off, and mix it with half a pint of water, and the reserved sugar. Boil the whole for two or three minutes, then take it from the fire; when cool, put in the pine apples, and simmer them gently till tender. Put them in a deep dish. let them remain for several days, then turn the syrup from them; scald it and turn it on the fruit while hot. The succeeding day put them in glass or China jars, seal them up tight, and keep them in dry sand in a cool place. Pine apples retain their natural flavor best by being preserved without boiling, but it is more difficult to keep them from fermenting. They should be cut into small pieces, and put immediately in jars, with alternate layers of fine white sugar and pine apple, allowing a pound and a quarter of the sugar to each pound of fruit. Seal them up directly, and keep them in a box of dry sand.

357. *Pine Apple Marmalade.*

Take off the rind of fresh ripe pine apples, grate them, leaving out the hard core in the centre, and put to them an equal weight of white sugar. Let the whole remain till the juice runs, so as to form a syrup, then set it on a moderate fire, stirring it up well from the bottom frequently, to keep it from burning. In the course of half an hour, cool a little of it; if it cuts smooth, it is sufficiently boiled.

358. *Pears.*

Pare them, cutting off the stems; if quite hard, boil them in clear water till they begin to grow tender. If mellow, it will not be necessary to boil them previous to preserving them in the syrup. When boiled, use the water in which they were boiled for the syrup, and allow to each pound of pears, three-quarters of a pound of sugar; boil it a few minutes, take it from the fire to cool; when just lukewarm, put in the pears, add water to make a thin syrup, and boil them till the syrup appears to have entered them. A little essence of ginger, added to them when partly cooled, gives them a fine flavor. A marmalade may be made of pears in the same manner as of crab apples; only three-quarters of a pound of sugar to a pound of pears, is necessary; brown sugar answers for marmalade. In the course of a week, turn the syrup from the pears, boil it, so that it will just cover the pears, and turn it over them while hot.

359. *Quinces.*

Quinces preserved without previous boiling, retain their flavor best; but they must be very ripe, or they will not be tender. Select fair nice ones for this purpose; the inferior ones can be used for jelly, or marmalade. Pare and cut them in rings, two thirds of an inch in thickness, take out the cores carefully with an apple-corer, or small knife; if left in, the syrup will not look clear. For each pound of them, take a pound of white sugar, a quart of cold water, and dissolve the sugar in the water over a moderate fire, stirring it up well to have it mix with the water; let it boil for two or three minutes, then remove it from the fire; when lukewarm put in the quinces; if there is not more than sufficient water to cover them, more should be added, so that the syrup will be thin; if too rich, the quinces will shrink and be hard. Boil them gently till a broom splinter will go through them easily. They should be covered while boiling, to make them of a light color. As soon as tender, turn them out of the kettle; in the course of a week, turn the syrup from them, boil it down, so that there will be just sufficient of it to cover the quinces; turn it on them while hot. If not very ripe, boil them with the skins on till they begin to grow tender. Some pare them previous to boiling, but

they do not look so white when previously pared. When tender, take them out of the water, and when cooled the skins can be peeled off with the fingers. Cut them in rings, or quarters, and remove the cores. Make a syrup of the water in which they were boiled, and if brown sugar is used, clarify it according to the directions given in syrup for sweetmeats. Quinces need an equal weight of sugar; put them in syrup after cooling it, and boil them slowly for half an hour, keeping them covered; turn them out of the preserving kettle as soon as taken from the fire. Boil the syrup in the course of a week, and turn it back while hot.

360. *Quinces with Molasses.*

The following is a cheap method of preserving them, and answers very well for common use: Pare and halve them; take out the cores. Boil the parings in new cider till tender, and strain the cider. For five pounds of quinces, take a quart of nice molasses, a pound of brown sugar, and the cider in which the parings have been boiled; add the whites of a couple of eggs, boil it, remove from the fire, and skim it. Continue to boil and skim it till clear, then remove it from the fire; when cool, put in the quinces, and boil them till tender. If there is not syrup sufficient to more than cover them, add more cider. Orange-peel, or a few slips of nice ginger boiled in the syrup, gives them a good flavor.

361. *Quince Marmalade.*

Wash and quarter the quinces without paring, or removing the cores; boil them tender, in just sufficient water to stew them; the parings and cores of those, which have been left after preserving quinces with sugar, can be used with them. Strain the quince when soft, and to each pound put $\frac{1}{2}$ a lb of brown sugar, set it on a moderate fire, and stir it constantly to keep it from burning. In the course of an hour, take a little of it up and let it get cold; if it cuts smooth, it is sufficiently stewed; turn it into deep dishes, so that it can be cut in slices when eaten.

362. *Peaches.*

Take those that have begun to grow mellow, but not very

ripe, pare them, and if they are cling-stones, take out the stones carefully with the handle of a tea spoon, or small knife. Allow the same weight of fine white sugar as peaches, add to the sugar just sufficient cold water to saturate it. When dissolved, stir it up well and put in the peaches, boil them slowly about twenty minutes. They should be turned out of the preserving kettle as soon as done. A few peach-meats preserved with the peaches are quite ornamental; the skins should be removed before they are put in. It is done by soaking them in scalding-hot water, then rubbing them with a cloth. In the course of three or four days, scald the syrup and turn it back while hot. When cold, put them in jars, and turn a little brandy over the top to keep them from fermenting. Cover them up tight, and keep the jars in a cool place in a box of dry sand.

363. *Peach Jam.*

Inferior peaches, and those not fully ripe, are good preserved as follows: Pare and halve them, taking out the stones, lay them in a deep dish, and to each layer of peach put a layer of nice brown sugar, using three-quarters of a pound of the sugar only to each pound of the peaches. Let them remain for several hours, then put them in a preserving-kettle, and stew them with the juice. (No water is necessary.) They should stew on a moderate fire for half an hour, and stir them frequently to keep them from burning at the bottom of the kettle. Peaches in this way, retain their natural flavor best, and are very good for common use.

364. *Peaches in Brandy.*

Peel the peaches, which should be of a nice kind and mellow, but not very ripe; the freestone is the best. Make a syrup of nice white sugar, allowing half a pound of sugar to a pound of the peaches, and boil them in the syrup till they become tender, but not so much so as to break. Take the peaches out of the syrup, and lay them on platters. Mix the syrup with peach brandy, putting a pint of it to a pint of the syrup, and turn it, while hot, on to the peaches. When cold, put them in jars that can be sealed up, and keep them in a cool place. It is advisable to put them in small jars, as they will not keep long after they are opened.

Pears, plums, quinces, and cherries, are all of them nice preserved in the same way. They will be less likely to ferment if the jars are kept in dry sand.

365. *Raspberry Jam.*

Allow three-quarters of a pound of sugar to a pound of the berries, and a pint of currant juice to five pounds of the berries; mix a pound of sugar with each pint of the currant juice. Mix the sugar and berries in layers, mash the berries and let them remain for an hour, then add the currant juice, and boil the jam for half an hour, stirring it frequently from the bottom to keep them from burning. A jam may be made of blackberries in the same way.

366. *Cherries.*

Take cherries that are not very ripe, and allow a pound of white sugar to each pound of them. Make syrup of the sugar, and just sufficient water to cover the cherries; boil them with the stems on till transparent. If you wish to preserve them without the pits, remove them carefully, saving the juice; make a syrup of it with white sugar, add very little water; put in the cherries and boil them till of a thick consistency. They should be very ripe, if preserved in this way. Put them in small jars when cold, cork and seal them tight; put the jars in boxes filled with dry sand, and keep in a cool place. If a little brandy is turned over them when put in the jars, they will be less liable to ferment. It is very difficult to keep any acid fruit well, which is preserved early in the summer.

367. *Currants.*

Take the currants when ripe and in their prime, let them remain on the stalks, picking off the bad ones; make a syrup of an equal weight of sugar and very little water; if brown sugar is used, clarify it, and boil the currants in it, for eight or ten minutes. Boil the syrup again in the course of a few days, and turn on to the currants while hot. Preserved currants, mixed with water, make a refreshing drink in fevers. They are also good dried and made into a tea, particularly for the hectic fever, which it sometimes cures, in the early

stages of it. It is also an excellent thing to counteract the disagreeable effects of anodynes.

368. *Prunes.*

Prunes that have become hard and dry can be made into good sweetmeats as follows: Turn on them boiling water, and let them remain till swelled and plump, then put in brown sugar and stick cinnamon, and if there is not sufficient water to cover, add more; two or three lemons cut into small pieces, and mixed in with them, is an improvement: stew them for a quarter of an hour; add, when taken from the fire, a wine-glass of wine to three pounds of prunes; only half a pound of sugar to a pound of the prunes is necessary.

369. *Cranberries.*

For each peck of berries allow two pounds and a half of brown sugar and half a pint of molasses. Make a syrup of the sugar, molasses, and a little water; clarify it with the whites of two eggs; when strained clear, put in the berries, and boil them till transparent. For a marmalade, boil them in just sufficient water to keep them from burning. When soft, strain them, and to each pound put a pound and a half of brown sugar; stir it over a slow fire till of a thick jelly.

370. *Barberries.*

Take those that are ripe, after they have been touched with the frost, and become of a light red color. Make a syrup, allowing equal weights of sugar and berries. Leave the berries on the stems, put them in the syrup when cooled, so as to be just lukewarm. Boil them till the syrup appears to have entered them. They are the best made into a jelly, as by this method the seeds are removed. Take those that are very ripe, mash them, then simmer them on a very moderate fire, with a little water, till very soft; then strain them, and to each pint put a pound of white sugar. Boil it slowly from twenty to thirty minutes.

371. *Tomato Figs.*

Allow three pounds of sugar to six pounds of tomatoes. Take those that are fully ripe, and the pear-shaped or single

tomatoes. Scald them, and take off the skins; stew them slowly with part of the sugar, not using any water, as the juice of the tomatoes will form a syrup. When the sugar appears to have penetrated them, spread them on dishes, and dry them in the sun; sprinkle over the reserved sugar while drying. When perfectly dry, pack them in jars, with a layer of sugar between each layer of tomatoes. Preserved in this way, they will keep well for a year, and resemble figs in flavor. Care should be taken not to have the rain or dew fall on them while drying. The syrup that remains after they have been stewed, boiled down so that it will be rich, is nice to sweeten pies.

372. *Watermelon Rinds.*

Take a thick rind of a ripe watermelon. Cut it into small strips, cut off all the red part, and scrape off the outsides. Boil the rinds with peach leaves and saleratus, in the proportion of a dozen leaves and a tea spoonful of saleratus to a couple of quarts of water. These will turn them of a fine green color; when tender, take them out of the water, and put them in cold water that has half a large spoonful of alum dissolved in it, in order to make them brittle and green. Let them soak for an hour, then rinse them in clear water, and boil them in a syrup made of an equal weight of white sugar. Boil with them lemons cut into small pieces, allowing one lemon to two pounds of the rinds. Boil them fifteen or twenty minutes; when a little cool, add a little essence of ginger to flavor them. If you have not the essence, boil in the syrup with the rinds a few slips of green ginger, or powdered ginger, tied up in small bits of cloth. In the course of three or four days, turn the syrup from the rinds, boil it to a rich syrup, that will just cover the rinds; turn it on them scalding hot. These make a very delicate sweetmeat, and will keep without any trouble.

373. *Pumpkin Chips.*

The butter pumpkin is the nicest for preserving; the winter squash is also better than the common round pumpkin. Halve the pumpkin, take out the seeds, cut off the rind, and cut the pumpkin into chips of the size of a dollar. For each pound of the chips to be preserved, allow a pound of nice white sugar, and a gill of lemon juice. Put the chips in a

deep dish, and sprinkle on each layer the sugar, which should be powdered. Let the whole remain till the succeeding day, then boil it with half a pint of water, and a large spoonful of ginger, tied up in cloths, to three pounds of the chips; add the rinds of the lemons, cut into small pieces, leaving out the white part. Boil the whole together, till the chips become tender. The syrup should be boiled again in the course of a few days, and turned, while hot, on to the chips.

374. *Gages.*

Allow equal weights of sugar and plums. Make a syrup of white sugar, and just water sufficient to cover them; boil the gages slowly in the syrup for ten minutes, then turn them into a dish; let them remain four or five days, then boil them till the syrup appears to have entered them. Put them in China jars; in the course of a week, turn the syrup from them, boil it, and turn it scalding-hot over them; cover them up, and set the jar in a cool place; if the jars are not full, turn a little brandy over them, to keep them from fermenting.

375. *Strawberries.*

Procure fresh large strawberries when in their prime, but not so ripe as to be very soft. Hull and weigh them. Take an equal weight of fine white sugar, put a layer of the berries on your preserving-kettle, then a layer of sugar, and so on till you get in all that it will answer to preserve at one time. A small quantity should only be done at once; if crowded, they will not look well. Let them remain two hours to have the juice run, so as to form a syrup at the bottom of the preserving-kettle, then set them on a moderate fire, until the juice runs freely; then boil them for half an hour; turn them into a deep dish as soon as preserved; when cold, put them in small glass or China jars that can be corked and sealed tight. Keep them in boxes of dry sand, in a cool place. As they are very apt to ferment during the hot weather, it is advisable not to fill the jars quite full of the strawberries, and fill up the space left with French brandy; some put bits of China on top to press the strawberries under the syrup, as they have a strong tendency to rise to the top of the syrup when they have been preserved a few days. Strawberries retain their natural flavor best if

preserved without cooking; allow a pound and a quarter of powdered double-refined sugar to one pound of the berries; put the berries and sugar in alternate layers in small glass jars, that can be corked and sealed tight. They are more difficult to keep in this way.

376. *Plums.*

Take them before they begin to soften, gash them with a pin to the stone, to keep them from bursting when boiled. Make a syrup in the usual manner, let it get cool before adding the plums; boil them in it till tender.

377. *Grapes.*

If the grapes are green, halve them, and extract the seeds with a small knife. Boil them in a syrup made of an equal weight of sugar. If they are ripe, squeeze out the pulp, boil it soft, then strain it, and add the skins, and an equal weight of sugar; boil the whole together till of a thick consistency.

PRESERVED FRUIT.

378. *To Preserve Fruit in the Sun.*

Strawberries, raspberries, and blackberries, are said to retain their natural flavor more perfectly when preserved by the heat of the sun, instead of being scalded over the fire. This method is as follows: Place them on shallow dishes, covering them entirely with powdered double-refined sugar, using the same quantity of sugar as in the ordinary way of boiling. Expose them to the sun on the roof of your house for several days, having them where the sun will shine on them through the day, and taking them in as soon as the dew falls, or if the weather becomes damp. Keep the berries in small jars, corked and sealed tight, and pack the jars in boxes of dry sand.

379. *To Preserve Fruit by Drying.*

Most kinds of ripe fruit can be kept through the winter

if dried perfectly in the sun. Spread them on platters, expose them to the sun for a number of days, taking them in as soon as the dew falls, or the weather becomes damp. Peaches, apples, and pears should be pared previous to drying them. The fruit will be improved (except the apples) by sprinkling over them half their weight of sugar, when first spread on the platters to dry. The stones of plums and cherries should be extracted, if sugar is added. Put them in a moderately-warm oven for an hour when dry, to prevent them from becoming wormy: keep them in bags in a dry place. When the weather is cloudy, so that the fruit cannot be dried in the sun, they can be dried in a brick oven of very moderate heat, but much care is necessary to keep them from scorching in this way. Whenever the fruit is to be prepared for eating, rinse it off in cold water, unless sugar was used in drying it; in that case, much of it would rinse off. Turn on boiling water to cover it, stew it till soft, then add sufficient sugar to sweeten; let it scald in, then remove from the fire.

380. *To Preserve Fruit without Sugar.*

Take either green or ripe fruit, put it in tin cans or bottles—the latter is the best for very acid fruits—cork up the bottles, after filling them as full as possible, wire down the cork, with a very little projection above the glass; there should be a hole made in the centre of the cork, so that the heated air may be expelled from the bottles, which should be placed in a kettle of cool water, having the water up to the nozzle of the bottles; set the kettle where the water will get to boiling; it should boil for twenty minutes. Then take out the bottles. As soon as sufficiently cooled to handle, dip the corks in melted sealing-wax, so that the air may be perfectly excluded; if so, the fruit will keep perfectly until exposed to the air; it should then be stewed with sugar and eaten immediately. In this way, the fruit taste as if just picked. Peaches should be put in cold water as soon as each one is pared, to keep them from turning a dark color. If cans are used, solder them up as soon as the fruit is put in, making a small hole in the centre. After boiling, fill up the hole with a drop of solder.

JELLIES.

381. *Directions for Jellies.*

Bags for straining jelly are usually made of flannel, but after using several times they shrink up so thick, that the jelly will not run through them readily; on this account, those made of thick white cotton cloth are preferable, and will answer just as well. The bags should taper down to a point, and have a hole at the top, so that they can be suspended on a nail while the jelly is draining through into a pitcher or mug placed under them. It should be wrung out of hot water previous to using it for straining jelly, and not squeezed, while the jelly is passing through it; if squeezed, the jelly will not be clear. If not clear the first time, jelly should be turned back into the bag, and drained through again. If not wanted for immediate use, put the jelly into small jars or tumblers. To ascertain when jelly is sufficiently boiled, put a spoonful of it in a tumbler of cold water; if it sinks in a solid mass to the bottom, it is sufficiently cooked.

382. *Apple and Quince Jelly.*

Pippins, crab apples, and Rhode Island greenings, are the best for jelly; but it can be made of any which are tart and juicy. Wash and quarter the apples, remove the cores, but leave the skins on, as they give the jelly its color, and of the same hue as the apple of which the jelly is made. Boil them in a brass kettle with sufficient water to cover them. When very soft, drain them through a jelly-bag without squeezing. Measure the liquor, and to each pint of it put a pound of white sugar; boil it slowly till of a thick jelly. If the jelly is of too pale a color to be pretty, it may be heightened with a little tincture of saffron, if a yellow hue is wished; for green, use the juice of spinach-leaves, and for pink, cochineal coloring. Let it pass through the jelly-bag again after boiling. Quince jelly is made in the same way as apple jelly.

383. *Currant Jelly.*

Take the currants when fully ripe, and in their prime; if a little past their prime they are not so nice for jelly. Mash and then squeeze the currants through a thick cloth.

Some cooks put them in an earthen jar, and set it in a pot of boiling water, and let them remain until the currants break, previous to straining them; but the juice obtained in this way will not make a light-colored jelly. To each pint of strained juice, put a pound of sugar; white is the best, as it makes the most delicate jelly, brown answers very well for that which is to be used with meats. Boil the syrup gently for twenty minutes, then try a spoonful of it in a cup of cold water; if it sinks to the bottom in a solid mass, it is sufficiently boiled. Put it in small jars; if it does not appear to be a thick jelly when cold, set the jars in the sun for several days, taking care that the dew does not fall on them. A jelly may be made of strawberries, and other soft berries, in the same way as currant jelly.

384. *Grape and Cranberry Jelly.*

Put the grapes, or cranberries, which should be ripe, in a jar, cover it close, and set it in a kettle of boiling water; keep it on the fire till the fruit is soft, then strain it, and to each pint put three-fourths of a pound of brown sugar, and boil it till ropy.

385. *Jelly of American Isinglass.*

Soak an ounce of American isinglass, or gelatine, in cold water for half an hour, then drain off the water and turn on three pints of boiling water. When cool, stir it up, and add a pound and a half of white sugar, the grated rind of two lemons and the juice, and the beaten whites of three eggs. Boil the whole slowly for five minutes, then drain it through a jelly-bag, add half a pint of wine, and fill your jelly-glasses.

386. *Lemon Jelly of Cooper's Isinglass.*

Pour a quart of boiling water on an ounce of Cooper's isinglass, a pound and a half of white sugar, and the juice and grated rind of a couple of fresh lemons. When the isinglass and sugar have dissolved, stir the whole up well, let it simmer over a moderate fire for three or four minutes, then strain it and mix with it a glass of white wine; fill your jelly-glasses and set them where the jelly will get cold. If the weather is hot, it will be necessary to put ice round the jelly to make it stiffen. The jelly may be colored yellow by

adding a little tincture of saffron previous to straining it. If you wish to have it of a pink hue, use cochineal coloring.

387. *Calf's-feet Jelly.*

Take four feet that have been previously cleaned, boil them in four quarts of water till very soft, and the water is reduced to one quart. Take it from the fire and let it remain till perfectly cool, then scrape off the dregs which adhere to the bottom of the jelly. Put it in a preserving kettle, and set it where it will melt slowly. When melted, take it from the fire, mix with it half a pint of white wine, the juice and grated rind of a couple of fresh lemons, and a stick of cinnamon. Wash and wipe dry six eggs, take the whites of them and beat to a froth, stir them into the jelly when it becomes cool; bruise the shells and mix them with the jelly. Set it on a moderate fire; when hot, sweeten it to the taste. White sugar is the best, but brown will answer very well. It should boil slowly for fifteen minutes, then strain it; if not clear the first time, let it pass through the jelly-bag till it becomes so, taking care not to squeeze the bag. When transparent, turn it into glasses and put them in a cool place. If the weather is hot, set them in a pan of ice-water. This kind of jelly will keep well only two or three days in hot weather. A knuckle of veal and sheep's-feet make a nice jelly prepared in the same manner as calf's-feet.

COMMON DRINKS.

388. *Coffee.*

Mocha and Java are the best, but good coffee can be made of cheaper kinds. Coffee is much improved by age, and on this account it is advisable to procure a large quantity of that which you know to be good. Coffee should be dried in an iron pot, and set where it will keep warm without browning, for several hours. Then set it on a hot fire and stir it constantly until the lightest kernels are brittle, which is ascertained by biting one in two; then remove it from the fire, turn it into a box, closing it tight to keep in the steam. Not over two pounds of coffee can be browned well at once; the

kernels should be of a dark-brown when roasted; if allowed to get black, the coffee made of them will not be good. Much care is requisite to roast coffee well. On no account permit it to be put into a stove oven to dry, as is often done by careless servants, and allowed to get half burnt while drying. If you have no cream for coffee, stir in, just before taking it from the pot when browned, a piece of butter of the size of half an egg to two pounds of coffee. A coffee-roaster is preferable to a pot for roasting coffee, as the fine aromatic flavor is preserved, which in a great measure escapes when roasted in an open pot. If you wish to make coffee strong, allow half a pint of ground coffee to a couple of quarts of water, which should be turned on boiling hot. It should boil as much as twenty minutes in a tin coffee-pot to obtain the strength of the coffee, but it will not have a fresh taste if on the fire over half an hour. It should be boiled in a tin-pot, and a piece of codfish skin an inch square put in when it is first put on to boil. This will clear it perfectly; it should be taken from mild codfish that has not been soaked, as it loses its clearing properties by soaking. Rinse it in cold water, dry it perfectly, and cut it into pieces an inch square; if torn off as wanted, you are liable to get in too large a piece, which will give the coffee a disagreeable taste. Coffee can be cleared with eggs; half a one is sufficient for a couple of quarts of coffee; wash the shell, break it up, and mix it with the inside of the egg and the coffee grounds; add very little cold water to just moisten the grounds, then turn on the boiling water. When coffee is sufficiently boiled, take it from the fire, let it remain three or four minutes to settle, then turn it off carefully from the grounds into another pot. If you have not cream for coffee, substitute boiled milk. The pot in which coffee is boiled should be washed and dried every day, or it will give the coffee a bad taste.

389. *French Coffee.*

The French method of making coffee is as follows, and is considered very superior in flavor by many persons, but it is not so healthy as the common method: Allow a pint of coffee, when ground fine, to a couple of quarts of water. Make it in a German filter, and, turning the water on boiling-hot, set it where it will keep hot. When the whole is strained, turn it off carefully into your coffee-pot for the table. As

the full strength of the grounds are not obtained in this way, good common coffee may be made of them by subsequent boiling.

390. *Tea.*

The best kinds of green tea are Young Hyson, Imperial, and Gunpowder; of black tea, Pouchong, Pekoe, and Oolong. Green tea, if good, will have a green appearance when turned into the cups; black tea should be dark colored, and of a fragrant smell. If the tea is of a strong kind, allow a pint of water to a tea spoonful of it; if not strong, a larger proportion of tea will be required. Pour on it first a little water, which should be boiling-hot, and set the tea where it will keep hot; if the tea is green, it should not steep over four or five minutes. Black tea should steep from ten to twenty minutes to obtain the strength; it will not be injured by remaining on the fire still longer. Put it, when steeped, into your tea-pot; add what water is necessary, boiling-hot.

391. *Chocolate.*

Scrape off the chocolate fine, mix it smooth with water, and stir it into boiling milk, if liked very rich; if not, use half water; it can be made entirely of water. Stir it till it boils, then remove it from the fire, and it is ready to drink, with the addition of sugar to the taste. A large spoonful of chocolate to a pint of milk, or water, is the right proportion. If allowed to get cold, so that the oil of the chocolate can be removed, it is rendered more healthy, and is not injured by heating the second time.

392. *Hop Beer.*

Put to five quarts of water six ounces of hops, and boil them three hours; then strain off the liquor and put to the hops four more quarts of water, four or five raw potatoes pared and sliced, a half pint of ginger, and boil the hops two hours longer. Then strain and mix it with the rest of the liquor, stirring in a couple of quarts of molasses. Take half a pound of rusked bread, pound it fine, and brown it in a pot over the fire, stirring it constantly. Slices of bread toasted very brown will do, but are not as good as the rusked bread to enrich the beer. Add it to the liquor, and when cool, so as to be just lukewarm, stir in a pint of fresh-

made yeast, that has no salt in it, as the salt keeps it from fermenting readily. Keep the beer covered in a temperate situation till the fermentation ceases, which is ascertained by the subsiding of the froth. Then turn it off carefully into a beer-keg, jugs, or bottles. The bottles should not be corked tight, as the beer will be apt to burst them. Keep the beer in a cool place.

393. *Spring Beer.*

Take a small bunch of part or all of the following roots: Sweet-fern, sarsaparilla, winter-green, sassafras, prince's-pine, and spicewood. Boil with them a couple of ounces of hops, three or four raw potatoes sliced and pared, to three gallons of water; let the whole boil for three hours, then strain off the liquor, and put to the roots and hops three gallons of fresh water, and boil three hours longer. The strength of the roots is obtained more thoroughly by changing the water, as, when strongly saturated with the hops, it will bind up the juices of the roots. Strain the liquor when boiled sufficiently, add to it molasses in the proportion of a quart to three gallons of beer, and a couple of slices of bread toasted very brown. When it becomes just lukewarm, stir in a pint of lively new yeast that has no salt in it. If the liquor seems too thick, dilute it with lukewarm water. Keep it in a temperate situation, cover it over, but not so high as to exclude the air entirely, or it will not work. When fermented, keep it in a tight keg or bottles.

394. *Ginger Beer, or Wine.*

Boil gently in a gallon of water, three large spoonfuls of ginger, three of cream of tartar, two lemons cut in slices. When the whole has boiled an hour, strain and sweeten to the taste with sugar, which is the best. When just lukewarm, add half a pint of fresh lively yeast, that has no salt in it. When fermented, turn it off carefully, bottle and cork it, and keep it in a cool place. It will be fit to drink in the course of seven or eight days. This beer resembles champagne. A simple ginger beer may be made as follows: Turn a gallon of boiling water on to three or four large spoonfuls of ginger, let it steep for half an hour, then set it where it will cool. When just lukewarm, add half a pint

of molasses, and a cup of lively yeast. It will be fit to drink as soon as fermented.

395. *Currant Wine.*

Strain perfectly ripe currants, to each quart of juice put two quarts of water, and three pounds of sugar. Stir the whole well together, and let it remain a day without stirring, then strain it and put it in a cool place where it will ferment slowly. When the fermentation ceases, add a quart of French brandy to ten gallons of the liquor, and close it up tight. When it becomes clear, it is fit to bottle. It will be fit to drink in the course of six months, but is improved by being kept a number of years.

396. *Grape Wine.*

Bruise the grapes, which should be quite ripe. To each gallon of grapes put a gallon of water, and let the whole remain a week without stirring. Then draw off the liquor carefully, and to each gallon put three pounds of white sugar. Let it ferment in a temperate situation. When fermented, stop it up tight. In the course of six months it will be fit to bottle.

397. *To mull Wine.*

To a pint of water put a tea spoonful of cloves and cinnamon, previously powdered. Set the water where it will boil. Separate the whites and yolks of three eggs, beat the yolks with a large spoonful of powdered white sugar. As soon as the water boils, turn it on to the sugar and yolks, add a pint of wine, and turn the beaten whites of the eggs over the whole.

398. *Currant Shrub.*

To a pint of strained currant-juice, put a pound of sugar. Boil them gently together for eight or ten minutes, then set it where it will cool. Add, when lukewarm, a wine-glass of French brandy to each pint of the shrub. Bottle and cork it tight, and keep it in a cool place.

399. *Vinegar of Berries.*

Raspberries, strawberries, and blackberries, are all suitable

ble to flavor vinegar. The berries should be ripe and mixed with vinegar, in the proportion of three quarts of berries to one of vinegar. Let them remain for two or three days, then strain the vinegar, and to each pint of it put a pound of white sugar, and bottle without corking it tight. A couple of large spoonfuls of this mixed with two-thirds of a tumbler of cold water is a refreshing drink in fevers, and is also an acceptable summer beverage to those who are in good health.

400. *Cherry Bounce.*

Procure the wild black cherries, pound them, in order to break the pits, then mix with them sugar, good whiskey or rum, in the proportion of a gallon of spirits and two pounds of the sugar to a couple of quarts of cherries; put the whole in a tight cask, shake it up once every day for three months, then let the liquor run through a thick cloth twice to clear it. Keep it, when strained, in casks or bottles. This is very good for bowel complaints, and a fine tonic.

401. *Sherbert.*

Boil in a couple of quarts of water, six or eight green stalks of rhubarb, a lemon sliced, and a quarter of a pound of raisins. When the whole has boiled for twenty-five minutes, strain it and add orange or lemon syrup to the taste. Let it get cold before drinking it.

402. *Mead.*

Put to each pound of honey three pints of warm water, stir it up well, and let it remain until the honey is held in complete solution, then turn it into a cask, leaving the bung out. Let it ferment in a temperate situation, and bottle it as soon as fermented.

403. *Effervescing Drink.*

Put a tea spoonful of tartaric acid in half a tumbler of cold water, and sweeten it to the taste with any nice fruit syrup you please, or white sugar. Dissolve half a tea spoonful of soda in one-third of a tumbler of cold water, and mix it with the tartaric acid in the other tumbler; a little essence of ginger added to the above, makes a very healthy,

and pleasant drink. Vinegar of berries may be substituted for the tartaric acid, using a large spoonful of it to a tumbler of the drink.

ESSENCES.

404. *Essence of Nutmeg.*

Dissolve an ounce of the essential oil of nutmeg in a pint of rectified spirits. This is very nice to use for flavoring cakes and puddings.

405. *Extract of Lemon.*

The best method of obtaining the essence of the lemon-peel, is to rub off the yellow part of the rind with lumps of white sugar, then scrape off the surface of the sugar into a jar as fast as it becomes saturated with the oil of the rind. Press the sugar down tight, and cover close. A little of this sugar gives a fine flavor to cakes, puddings, and pies, and is a superior method of obtaining the fine aromatic flavor of the lemon rind, which is thus procured without any alloy.

406. *Essence of Ginger.*

Take three ounces of fresh race-ginger, grate and put it into a quart of French brandy, together with the rind of a fresh lemon pared thin; none of the white part of the peel should be used. Bottle it up, and shake the bottle well every day for eight or ten days; it will then be fit for use. A little of this mixed with water, or dropped on a lump of sugar, answers all the purposes of ginger-tea, and is much more palatable. It is also nice to flavor many kinds of sweetmeats.

407. *Spice Brandy.*

Put into a jar of French brandy, rose-leaves in the proportion of a quart of the brandy to half a pint of the latter. Steep the leaves till the strength is obtained from them. Then turn off the brandy, squeeze the leaves dry, throw them away, and add fresh leaves to the brandy. Repeat the above operation until the brandy is strongly impregnated with the flavor of the leaves then turn the brandy off free

from the leaves and keep it in a bottle corked tight. Lemon and orange-peel, and peach-meats, steeped in brandy, are nice to flavor cakes, puddings, and mince-pies. It takes the rind of three or four lemons, or a quarter of a pound of peach-meats, to flavor a pint of brandy. When the brandy is used, more may be added to the old rinds with the addition of a few fresh ones.

408. *Coloring for Jellies or Creams.*

For coloring a fine pink hue, take fifteen grains of cochineal reduced to a fine powder, with a drachm and a half of cream of tartar, and boil slowly for half an hour in half a pint of water; add, while boiling, a bit of alum of the size of a pea. Another method to obtain the coloring matter of the cochineal, when a small quantity is wanted for immediate use, is to bruise the cochineal on a small plate with the blade of a knife, put to it half a cup of white brandy, let it remain for a quarter of an hour, then strain it. The juice of spinach-leaves will give a fine green color to jelly, and the tincture of saffron a yellow hue.

COOKERY FOR THE SICK.

409. *Barley Water.*

Boil a couple of ounces of barley in two quarts of water till soft, with a little salt; add currant-jelly to give it a pleasant acid taste, first straining it; if the jelly is not liked, turn it on to a couple of ounces of raisins and boil it again till reduced to one quart, and then strain it. Pearl barley is the best, but common barley answers very well. This is very good for invalids who are troubled with costiveness.

410. *Rice Gruel.*

Put a large spoonful of unground rice into a pint and a half of boiling water, boil it till soft, add a tea spoonful of salt, and, if you like, a stick of cinnamon or mace. Strain it when soft, and add half a pint of new milk, and scald the whole together. If you wish to make the gruel of rice

flour, mix a large spoonful of it smoothly with three of cold water, and stir it into a pint and a half of boiling water, and boil it five or six minutes, stirring it constantly. Season it with salt, a piece of butter of the size of a walnut, and pepper to the taste. Turn it on to toasted bread cut into small pieces. This is excellent food for those who have a bowel complaint.

411. *Water Gruel.*

Mix a couple of large spoonfuls of sifted Indian meal with one of wheat flour, and sufficient cold water to make a thin batter; stir it into a quart of boiling water, and let it boil at least half an hour, stirring it frequently. If boiled a less time it will have a raw taste. Season it with salt and pepper to the taste, and a piece of butter of the size of a walnut. Some like in it a very little sugar and nutmeg. Turn it on toast cut in small pieces.

412. *Wheat Gruel.*

Tie up a small quantity of wheat flour in a thick cotton cloth, and boil it five hours, and then dry it perfectly. To make the gruel, grate off a dessert spoonful and mix it into a thin paste with water, and then stir it into half a pint of boiling milk, and add salt to the taste. This is excellent food for children who have a bowel complaint.

413. *Milk Porridge.*

Make a thin batter of wheat flour and cold milk, and stir it into boiling milk; add salt to the taste, and boil the porridge about five minutes. This is also good food for those who have a bowel complaint, but not so efficacious as wheat gruel.

414. *Caudle.*

Make rice or water gruel, and add to it, when taken from the fire, a wine-glass of wine, brandy, or ale. Sweeten it with white sugar, and add a little nutmeg.

415. *Arrow-root Gruel.*

Boil a pint of milk, and stir into it while boiling a large spoonful of arrow-root mixed smooth with a little cold milk then add a little salt and let it boil three or four minutes.

416. *Arrow-root Custards.*

Make a gruel as above; when cooled, add a couple of beaten eggs, white sugar and nutmeg to the taste, and set it where it will get scalding-hot, stirring it constantly. As soon as it boils up, turn it into custard cups.

417. *Chicken Tea.*

Take off the skin and all the fat of the fowl, and boil it till very tender with just sufficient water to cover it, and add a little salt. Take the chicken out of the liquor when boiled, and let the liquor remain till cold to let all the fat rise to the surface, which should then be skimmed off. The tea should be heated when given to the patient. It is a very delicate, nourishing food, and will set well on the stomach when so weak as to be able to retain but little food.

418. *Beef Tea.*

Boil a pound of fresh lean beef ten minutes, then cut it into small bits, turn on a pint of lukewarm water and set it where it will keep warm for half an hour, then strain and season it with salt and pepper to the taste. This is a quick method of obtaining the juices of the meat, but the tea is not so nourishing and good, when the stomach is unable to bear a small quantity of liquid on it, as the following method: Cut lean beef into small bits, fill a junk bottle with them, cork it tight, put it in a pot of lukewarm water, and set the pot where the water will boil for four or five hours. A table spoonful of this is as nourishing as half a pint of the tea made by boiling the meat.

419. *Cough Tea.*

Make a strong tea of everlasting, strain it, and to a quart of it put a couple of ounces of raisins or figs, two of liquorice-root cut into small bits, and boil the whole together for twenty minutes. Remove it from the fire and add the juice of a lemon. This can be drank freely, and is an excellent remedy for a tight cough. It is the most efficacious taken hot; but as it produces perspiration if hot, care must be used not to expose yourself to the cold for a number of hours after taking it.

420. *Wine Whey.*

Stir a couple of wine-glasses of wine into a pint of boiling milk, take it from the fire, and let it remain till the curd separates from the whey and settles; then turn off the whey and sweeten it with white sugar.

421. *Cream of Tartar Whey.*

Set a pint of fresh milk on the fire; when scalding-hot, stir in a tea spoonful of cream of tartar; if it does not turn sour soon, add more. Strain it and add white sugar to the taste. This can be given in fevers when wine whey will not suit the patient.

422. *Cider Beverage.*

Take one-third of sour cider, two of cold water, sweeten to the taste with white sugar, and grate in a little nutmeg. This is a healthy drink for those of a bilious or rheumatic habit. Brisk bottle-cider is still more medicinal.

423. *Stomach Tincture.*

Bruise a couple of ounces of Peruvian bark, one of bitter orange-peel, and steep them in a pint of proof spirits for a fortnight, shaking up the bottle each day which contains the bitters. Let it remain for a couple of days without shaking, then turn the bitters off carefully from the dregs into another bottle. A tea spoonful of this in a wine-glass of water is a fine tonic, and is particularly good for those afflicted with the fever and ague, but must be taken a number of times a day to effect a cure.

424. *Thoroughwort Bitters.*

Make a strong tea of thoroughwort, strain it, and when cool, put to a couple of quarts of the tea half a pint of French brandy, the peel of two oranges cut into bits. six bunches of fennel, or smallage-seed. The orange peel and seeds should be crowded into a bottle, and then the tea and brandy turned in. The bottle should be corked tight. A wine-glass of the bitters to half a tumbler of water is about the right proportion, and a little sugar should be added after turning it into the tumbler. These bitters will keep well, and can be taken when the stomach cannot bear the simple

tea. It is an excellent remedy for bilious colic, and other bilious complaints, particularly for the fever and ague. The blossoms of the plant should be taken off previous to making the tea, as they are apt to occasion vomiting.

425. *Smallage Cordial.*

Wash young sprouts of smallage and drain them quite dry, then cut them in small pieces and put them in a bottle with seeded raisins, having alternate layers of each. When the bottle is two-thirds full, fill it up with French brandy. Let it remain for four days to have the smallage absorb the brandy, and then add as much more as the bottle will hold. It will be fit for use in the course of ten days, and is an excellent medicine for bowel complaints.

426. *Flax-seed Jelly.*

Turn a quart of boiling water on to a table spoonful of flax-seed. Let it remain a short time, then strain and add to it the juice of a lemon, and white sugar to the taste. This is very good for a cough. Flax-seed boiled in molasses candy, and a small piece of the candy eaten every day, is very good for those troubled with costiveness.

427. *Moss Jelly.*

Steep Irish moss in cold water a few minutes, to extract the bitter taste, then drain off the water, and to half an ounce of moss put a quart of fresh water, and a stick of cinnamon. Boil it till of a thick jelly, strain, and season to the taste with white sugar and wine, when it can be taken. Lemon-juice may be substituted for the wine, if it is not to be kept long. This is very nourishing, and highly recommended for consumptive complaints.

428. *Sago Jelly.*

Rinse four ounces of sago in cold water, and soak it in cold water half an hour, then drain it off, and add a pint and a half of fresh water, which should also be cold. Soak it for half an hour, then set it where it will boil slowly, stirring it constantly; boil a stick of cinnamon with it. When of a thick consistency, add a glass of wine and white sugar to the taste, and boil it five minutes longer.

MISCELLANEOUS RECEIPTS.

429. *To keep Apples through the Winter.*

Take those that are hard and sound, wipe them dry, and pack them in barrels with a layer of bran between each layer of the apples. Envelop the barrel in a linen cloth to protect from frost, and keep the apples in a cool, dry place, but not so cold as to freeze the apples. Apples can be kept for a year as follows: Cover the bottom of a flour-barrel to the depth of five inches with finely-pulverized plaster, thoroughly dried, then put in a layer of sound apples wiped dry, and separated from each other in the barrel. Cover them with a layer of the plaster, put in successive layers of apples and plaster till the barrel is full, and make the whole close and compact by pressing with the hand.

430. *To keep Grapes over the Winter.*

Gather them on a dry day when not dead-ripe, put them in glass jars, and sprinkle round each cluster dry bran, so that they will not touch each other; have a thick layer of bran on top, cork and seal tight to exclude the air perfectly. Keep the jar in a box of dry sand, in a cool place. When they are to be eaten, cut off a small end of the stalks of each bunch, and immerse the stalks in wine a few minutes; this will give the grapes a fresh taste.

431. *Tomatoes for Winter use.*

Peel those that are fresh and ripe, and as late in the season as they can be procured; season them with salt and pepper, as for immediate eating; put them in bottles, or tin cans, cork them up, having a hole in the centre of the corks, put them in a pot of cold water, and set the pot where the water will boil up for twenty minutes; then take them up, cork and seal them tight, and keep in a cool place. They should not be opened till the weather becomes cold. Green corn and peas can be kept in the same way.

432. *Lima Beans for Winter use.*

Dry them perfectly in the pods, as soon as gathered, or put them in a pot without drying, in alternate layers with

salt, having a layer of the salt at the bottom and top of the keg in which they are packed. Put a weight on them, and keep them in a cool place. They will need soaking over night in cold water, first shelling them previous to cooking. Boil them with a little saleratus in the water.

433. *To Dry Sweet Corn.*

Turn back all the husk except the last thin layer, hang the corn in the sun, or a warm room, to dry. When you wish to cook it, boil it on the cobs till soft, then cut it off and add salt and butter. Another method is to boil it on the cob five minutes, then cut it off and spread it on platters or sheets, and dry in the sun, taking it out of the dew at night. As corn is apt to get fly-blown when dried in the open air, it is advisable to put it in a very moderately-warm oven for an hour before putting it away in bags for winter use. Rinse it thoroughly, and soak it several hours in the water in which you are to boil it, when it is to be eaten.

434. *To keep various Vegetables in Winter.*

Cabbages, celery, salsify, and parsnips, keep best when covered with earth. Turnips, potatoes, and similar vegetables, should be protected from the air and frost; a linen cloth thrown over in severely cold weather is good to keep them from freezing. It is said that the dust of charcoal will keep potatoes from sprouting in the spring. Onions, pumpkins, and squashes, should not be kept in cellars, as the dampness makes them decay.

435. *To Dry Herbs.*

Gather the herbs on a dry day, while in blossom; tie them in bundles, and suspend them with the blossoms downwards. When dry, wrap the medicinal ones in paper. Pick off the leaves of those that are to be used in cooking, pound and sift them, put the powder in bottles, and cork them tight.

436. *To keep Eggs for five months.*

It is advisable to buy eggs for family use, when cheap, and preserve them as follows: Mix half a pint of unslacked lime with the same quantity of salt, and a couple of gallons

of water. The water should be turned on the lime boiling hot. When it becomes cold, put in the eggs carefully, so as not to crack the shells; if cracked they will spoil very soon. The eggs should be perfectly fresh when put in, and the lime-water no stronger than the above mixture; if too strong the lime will eat the shells. Another good way, is to grease the shells, and pack them in salt. Early in the fall is a good time to put them down for winter use.

437. *To melt Fat for Shortening.*

The fat of all kinds of meat can be used in cooking, except of mutton and lamb. The two last can be clarified, and used to burn in solar lamps, or used in making soup. Roast-meat drippings, and the liquor in which meat has been boiled, should remain till perfectly cold, in order to have the fat congeal, so that it can be taken off easily. Scrape off the dregs which adhere to the under side, cut it into small pieces, together with the fat of any boiled meat you may happen to have. Melt the fat slowly, strain it, and let it remain till so cold as to form it into a hard cake; then scrape off what dregs adhere to the under side, melt the fat again, and turn it into an earthen pot or pan; when partly cooled, sprinkle in a tea-spoonful of salt to each pound of the fat. The dregs of the fat are good to use in making soap. The shortening answers for frying most articles of food. The fat of cooked meat should not remain over a week in cold weather, and over three days in hot weather, without being melted. To extract the grease from bones, break them, and boil the bones for ten or twelve hours in a large proportion of water; let them remain in the water till cold, then skim off the fat. To extract the smoky flavor of ham fat, boil it in fair water for half an hour, then cut it up, melt it over a slow fire; when melted, put in a crust of bread, and let the fat remain till the crust is brown, then strain it. Treated in this way, the smoky taste is extracted, so that it can be used for frying—some use it for pastry. Fat that has become strong should be treated in the same manner. The leaves and thin pieces of pork should be used for shortening; cut the pork into small bits, melt them slowly, strain the fat, when melted, through a colander, with a thick cloth laid in it. When partly cooled, so as to thicken, sprinkle in salt, in the proportion of half a pint to

twenty pounds of the lard. When salt is used there is no necessity of frying the scraps a deep brown in order to have the lard keep well.

438. *To Prepare Suet for Cooking.*

Pick it free from veins and skin, melt in a little water on a moderate fire, turn it into a pan; when cold, so as to form a hard cake, wipe dry, and wrap it up in paper.

439. *Directions for Making Butter.*

Milk should be kept as cool as possible in hot weather, in winter it should be kept warm; the extremes of heat and cold keep the cream from rising. Strain the milk as soon as taken from the cow, if practicable, and keep it in earthen dishes or tin pans; they should be thoroughly washed, and scalding water turned in them, and wiped dry previous to straining the milk in them; if the weather is hot, rinse them in cold water after scalding; in winter they should be hot when the milk is put in them. If the pans are not properly cleansed every time the milk is put in, the cream will not make good butter. Cream should not be kept over three or four days in cold weather, or two days in summer, without churning, or it will not make good sweet butter; a little salt added to the cream, as you collect it each day, tends to preserve it. In hot weather the butter will come more readily if the churning is done early in the morning, in a cool place. In cold weather it will be necessary to churn in a warm place; if the butter does not come in the course of three-quarters of an hour, set the churn in hot water to warm the cream. In hot weather, if the butter does not come in the course of an hour, set the churn in a pail of cold water, putting ice round the churn, if you can procure it. As soon as the butter appears in small lumps, collect and put it in a wooden bowl, previously scalded and rinsed in cold water; the bowl should be used for butter only. Much care is requisite to have all the utensils used in making butter thoroughly cleansed, in order to insure good butter. When the butter is all collected, put ice on it; if you have not ice, immerse it in a pail of cold water. When it cools, so as to form a consistent mass, work it with a wooden spoon, drain off the buttermilk, continue to work

it until the buttermilk is all extracted; if any is left in the butter will not keep well. Some butter-makers say that if it is worked over the succeeding day again, it will be improved, as the salt will then be dissolved, and all the watery particles can be easily removed. Add salt to the taste when working out the buttermilk; no exact rule can be given in regard to the quantity, as different persons tastes vary so much. A large spoonful to five or six pounds will render the butter of medium saltiness. The hands should not be used in working butter, as the heat of them injures it. The English, who excel in butter making, practice warming the milk in cold weather, ten or twelve hours after it is taken from the cow. The reason they give for the practice is, that the cream is increased and the butter improved; care should be taken not to let it get scalding hot.

440. *To Pot Butter for Winter.*

The usual method is to pack it in stone jars with alternate layers of salt and butter, having salt at the bottom of the jar and a layer of salt at the top; rock salt is the best. The following is said to be a superior mode of keeping butter sweet: Mix a large spoonful of powdered white sugar, one of saltpetre, and one of salt, work this quantity into every six pounds of fresh-made butter. Put it in a stone pot that is thoroughly cleansed, having a thick layer of salt on top. Butter put down for winter should remain covered with the salt till cold weather.

441. *To Extract Salt or Rancidity from Butter.*

Salt from a small quantity of butter can be removed by working it over in fresh cold water, changing the water several times while working it. To extract the salt from a large quantity, churn it in fresh milk in the proportion of a gallon of it to three pounds of the butter. It is said that rancidity from butter may be removed in the same way, adding a very little white sugar after churning the butter. Rancid butter should not be used in cooking; it is better to dispense with the use of any, if you cannot procure that which is tolerably good. Codfish and gingerbread are almost the only kinds of food which are not injured by the use of poor butter.

442. *To preserve Cheese from Insects.*

Cover the cheese while whole, with a paste made of wheat flour, then wrap a cloth round it and cover it with the paste. Keep the cheese in a dry, cool place. When cut, wrap it up in a cloth and keep it in a tight box, so that it will not get fly-blown. Cheese that has skippers in, if kept till cold weather, will become freed from them.

443. *To pot Cheese.*

Cheese that has begun to mould can be preserved, so that it will not become any more so, as follows: Cut off the mouldy part, and if the cheese is dry, grate it; if not, pound it in a mortar, together with the rind, having previously cut it into small pieces. When the whole is pounded to a fine mass, mix brandy with it, in the proportion of a table spoonful of it to each pound of the cheese. When thoroughly mixed with the cheese, put the whole in an earthen pot, press it down tight, and turn a little brandy over the top, cover it over and keep it in a dry, cool place. This is a good way to treat dry pieces of cheese, that would otherwise be thrown away; they are also good grated, without the brandy, if eaten immediately. Potted cheese is best when a year old, but it will keep a number of years without breeding insects.

444. *Cottage Cheese.*

Take sour milk, but not that which is so old as to have a disagreeable taste, set it in a warm place, but not very hot. When the curd and whey separate, drain off the whey, put the curd in a strong bag, squeeze out the whey, mash the curd fine, and mix it with a little fresh cream or butter; add salt to the taste, and do it up into small cakes.

445. *To keep Sweetmeats air-tight.*

Apply the white of an egg to a single thickness of white or brown tissue paper, having the paper saturated with the egg, cover your jars of sweetmeats with it, overlapping the edges of them for an inch. The whole will be air-tight when dry.

446. *To renew Old Cake.*

Rich cake that has wine or brandy in it will keep several

months in a dry, cool place. If it is made without any milk, or soda, or saleratus, it will keep much better than with them. The day it is to be eaten, put it in a cake-pan, and set the pan in another one, in which put half a pint of water. Put the whole in a moderately hot oven, cover over the cake to keep in the steam, let it remain till heated very hot. then take it from the oven and let it get cold before cutting it. Treated in this way it will be moist, and have a fresh taste.

447. To make good Food of poor Bread.

If dry or sour bread is cut into small pieces and put in a pan. and set in a very moderately warm oven till of a light brown, and hard and dry in the centre, it can be kept for weeks. Whenever you wish to use a portion of them for puddings or griddle-cakes, soak them soft in cold water or milk. If the bread is sour, use sufficient saleratus or soda to destroy the acidity of it in making the pudding or cakes. With proper care, there need be no waste of even poor bread.

448. Substitute for Cream in Coffee.

Beat an egg to a froth, put to it a piece of butter of the size of a walnut, and turn the coffee on it gradually from the boiling pot into the one for the table, in which it should be previously put. It is difficult to distinguish the taste from fresh cream

449. Cautions relative to Brass and Copper Cooking Utensils.

Cleanliness has been aptly styled the cardinal virtue of cooks. Food is more healthy, as well as palatable, cooked in a cleanly manner. Many lives have been lost in consequence of carelessness or ignorance in the use of brass, copper, or glazed earthen utensils. The two first should be thoroughly cleaused with salt and hot vinegar just before cooking in them, and no oily or acid substance be allowed to stand to cool in any of them after being cooked.

450. To keep Cider Sweet.

Put to a barrel of new cider a gill of white mustard seed. This will prevent it from becoming hard and sour

for many months. If you wish to keep it from fermenting, put into the barrel a bag containing pulverized charcoal. Treated in this way, it will not possess any intoxicating qualities, and improves by age. In bottling cider, put into each bottle three or four raisins to make it brisk.

451. *Vinegar.*

Vinegar made of cider is the best; that of wine or sour beer is good. Much of the vinegar sold is not good, being made of poor, and often unwholesome materials; on this account it is advisable for housekeepers to manufacture their own vinegar; it is also much more economical. Procure a barrel, or a half a one of cider, put to it a piece of paper dipped in molasses, keep the barrel in a warm place, in a situation exposed to the influence of the sun, until it becomes vinegar. Tea, coffee, and sour beer, which you have left after meals, may be added to the vinegar without injury to it, if not added in large quantities at once, so as to weaken the vinegar. Very good vinegar may be made of fair, good apple parings, by putting to them rather more than sufficient water to cover them, in an unglazed earthen pot, with a paper dipped in molasses put in it. Keep it in a warm situation; in the course of several weeks it will ferment, and become good vinegar.

452. *Cement for the Mouths of Bottles.*

Melt together a quarter of a pound of sealing-wax, the same quantity of rosin, and a couple of ounces of bees' wax. When it froths, stir it with a tallow candle. As soon as it melts, dip in the mouth of the bottles, which should be previously corked. This will exclude the air perfectly from things which are liable to be spoiled by it.

453. *Cement for Glass, China, and Earthenware.*

Melt isinglass in gin, over a moderate fire; when perfectly melted and mixed with the gin, it will form a transparent glue, and will cement china, glass, or sea-shells. It should be warmed when applied, and put on the edges of the broken ware with a camels-hair brush, the pieces joined, and then bound together with strips of cloth. White paint is a good cement for common crockery and coarse earthen-

ware; paint and join the broken edges, bind them together and let them remain till the paint is hard and dry. Boiling crockery in milk will also cement it; bind the pieces together, put them into milk when cold, then set it on the fire and boil it for half an hour. Take it from the fire, but do not remove the crockery from it till the milk becomes cold. Crockery should not be used for a number of weeks after being cemented.

454. *Cement for Iron Ware.*

Beat the white of several eggs to a froth, stir into them enough powdered quick-lime to make a consistent paste; then add iron file dust, to make a thick paste. Fill the cracks of iron ware with this cement, and let them remain a number of weeks without using them.

455. *Lip Salve.*

Dissolve a small lump of white sugar in a large spoonful of rose water; common water may be substituted; mix it with a couple of large spoonfuls of sweet oil, a piece of spermaceti of half of the size of a butter-nut. Simmer the whole eight or ten minutes.

456. *Durable Ink for Marking Linen.*

Dissolve a couple of drachms of lunar-caustic, half an ounce of gum arabic, in a gill of rain water. Wet the articles in the place where they are to be marked with strong saleratus water; let them get perfectly dry, then iron them smooth. The heat of the iron will turn them a dark yellow, as if scorched. Washing will efface it. but it should not be done till after the marking is thoroughly dry; place it in the sun or near a fire to dry, after marking. The ink should be kept in a small vial; the water will evaporate when it is kept long. In such a case add more water, and shake it up well in the bottle when you wish to use it.

457. *Liquid Blacking.*

Mix a quarter of a pound of ivory-black, six gills of vinegar, a table spoonful of sweet oil, and two of molasses. Stir the whole well together, and it is fit for use.

458. *Stains from Broadcloth.*

Take an ounce of pipe-clay, ground fine, mix it with twelve drops of alcohol, and the same quantity of spirits of turpentine. Whenever you wish to remove stains from broadcloth, moisten a small portion of this mixture with alcohol; rub it on the spots, and let it remain until dry, then rub it off with a woollen cloth, and the spots will disappear.

459. *To extract Paint from Garments.*

Saturate the spot with spirits of turpentine, let it remain a number of hours, then rub it between the hands; it will crumble away without injury either to the texture or color of any kind of woollen, cotton, or silk goods.

460. *To remove Spots of Pitch or Tar.*

Scrape off all the pitch or tar you can, then saturate the spots with sweet oil or lard; rub it in well, and let it remain in a warm place for an hour.

461. *To remove Black Spots on Scarlet Goods.*

Mix sufficient tartaric acid with water to give it a pleasant acid taste; saturate the black spots with it, being careful not to have it extend to the clear part of the garment. Rinse the spots immediately in pure water. Weak saleratus water is good to remove spots produced by acids.

462. *Stains from Silks.*

Salts of ammonia mixed with lime will take out the stains of wine from silk. Spirits of turpentine, alcohol, and clear ammonia are all good to remove the stains of colored silks.

463. *Stains from White Cotton Goods.*

For mildew, rub in salt and some buttermilk, and expose it to the influence of a hot sun. Chalk and soap, or lemon juice and salt, are also good. As fast as the spots become dry, more should be rubbed on, and the garment should be kept in the sun until the spots disappear. Some one of the preceding things will extract most kinds of stains, but a hot sun is necessary to render any one of them effectual. Some

stains which are produced by acid fruits will disappear by wetting them with warm water, and rubbing on magnesia. Hartshorn, diluted with warm water, is good to remove fruit stains. It will be necessary to apply it several times before they will be extracted. Common salt, rubbed on fruit stains before they become dry, will extract them. For iron mould, rub on lemon juice and salt, and place the garment where the sun will shine on it hot, for several hours, rubbing on the lemon juice and salt as fast as it dries. Spots of common or durable ink can be removed in the same way. Colored cotton goods, that have ink spilled on them, should be soaked in lukewarm sour milk. A quick method of extracting ink and iron mould from white cloth, is to put a few crystals of the oxalic acid on the spot; pour on a little warm water, making a kind of bag of the linen to prevent the crystals from being carried off, as it is necessary that it should be dissolved on the spot. Oxalic acid being poisonous, much care is necessary to keep it out of the way of children.

464. *Ink from Furniture, Carpets, and Floors.*

Wipe the spot with oxalic acid; let it remain a few minutes, then rub it with a cloth wet with warm water. Colored paint, mahogany, and carpets, will require washing with hartshorn-water to restore the original color.

465. *Stains from the Hands.*

Vinegar or lemon juice are good to remove stains from the hands. The following will be found a great convenience to keep, for those who are liable to get stained hands with ink, fruit, or dye-stuffs: Mix equal proportions of oxalic acid and cream of tartar, and keep it in a covered box, out of the reach of children, as it is poisonous if swallowed. When it is to be used, dip the fingers in warm water, rub on a small portion of the powder. When the stains disappear wash the hands, using fine soap.

466. *Heat Marks from Mahogany.*

Pour lamp oil on the spots, and rub them hard, with a soft cloth, then pour on alcohol, and rub them with another soft cloth till dry.

467. *To extract Grease from Various Things.*

To extract grease from paper, grate on French chalk, or put on magnesia thick, and let it remain for a number of days where it will keep warm. The grease from woollen or silk goods can be removed in the same way. Camphene is good to extract grease, but it will sometimes change the color. Strong saleratus water or lye is very effectual in removing grease from floors.

468. *Oil from Carpets.*

When the oil is first spilt, put on Indian meal, but if you have not any, substitute flour; when it gets saturated, take it up and put on fresh meal; let it remain till next day, then wash up the spot with camphene. If the oil has soaked through the carpet on to the floor, it will be necessary to take up the carpet to extract the grease entirely from both. Remove the grease from the floor by rubbing on camphene, and lay over the spots a piece of thick paper previous to laying down the carpet, so that if any grease remains it will not strike through on to it. The paper should be tacked down so that it will not get displaced when the carpet is laid over the floor.

469. *To clean Silks and Ribbons.*

Take equal quantities of soft lye-soap, alcohol, or gin, and molasses. Lay the silk on a clean table, without creasing; rub on the mixtures with a flannel cloth. Rinse the silk well in cold fair water, and hang it up to dry without wringing. Iron it, before it gets dry, on the wrong side. Silks and ribbons treated in this way will look very nice, although it does not seem credible. Camphene will extract grease and clean ribbons, without changing the color of most things. They should be dried in the open air, and ironed when partly dry. The water in which pared potatoes have been boiled is very good to wash black silks in; it stiffens and makes them glossy and black. Soap suds answers very well; they should be washed in two suds, and not rinsed in clean water. Dingy silk coverings to furniture, can be cleaned by rubbing on dry bran gently with a woollen cloth.

470. *Directions for Washing Calicoes.*

The grease spots in colored clothes should be washed out

before wetting the whole of the garment, as they cannot then be seen. They should not be washed in very hot water; that which is lukewarm will clean them as well, and not extract the color so much. Soft soap should not be used for calicoes, excepting for the various shades of yellow, for which it is the best. They should not be rinsed in fair water. All other colors should be rinsed in fair water, and dried in the shade. A little salt in the rinsing water, of black, green, and blue calicoes, serves to brighten and set the color. Alum is excellent to set those of a green color. Vinegar in the rinsing water of red and pink calicoes will brighten them. The water in which potatoes have been boiled is very good for washing black calicoes. Where there are many black garments to be washed, it is advisable to save the water in which potatoes are boiled for a number of days previous to washing. The potato water will make them look black and stiffen them. It will not answer to starch black calicoes with wheat flour, as it gives them a bad appearance. When calicoes incline to fade, the colors can be set by washing them in lukewarm water, with beef's gall, in the proportion of half a pint to three or four gallons of water; rinse them in fair water. No soap should be used to them without they are very dirty, in which case they should first be washed in fair water with the beef gall. The beef gall can be kept for weeks by squeezing it out and corking it up in a bottle with a little salt. The following method is said to set the colors so that they will not fade by subsequent washing: Infuse three gills of salt in four quarts of boiling water; put in the calico, which should be clean, if not the dirt will be set as well as the colors. The calico should remain in till the water is cold. I have never seen this tried, but think it might be an effectual way to set the colors, as cool salt and water has a tendency to set the colors.

471. *Directions for Washing Woollens.*

If you do not wish your white flannels to shrink when washed, make a good suds of hard soap and wash the flannels in it, without rubbing any soap on them; wash them in another suds, then wring them out. Put them in a clean tub and turn on boiling hot water, and let them remain until the water becomes cold. A little indigo in the water makes them look nice. If you wish to shrink white flannel, wash

it in soft soap suds, and rinse it in cold water. Colored woollens that are inclined to fade should be washed with beef's gall in lukewarm water previous to washing them in soap suds. Woollens should be pressed quite damp.

472. *Directions for Washing White Clothes.*

Table-cloths that have fruit stains or coffee on them should have boiling water turned on them and remain in it until cold. The stains should then be rubbed out previous to putting them in soap suds, as it will set them. Table-cloths will be less liable to get stained if always rinsed in thin starch water, as the starch prevents the stains from sinking into the texture of the cloth. White clothes that are quite dirty will rub clean more easily if soaked in lukewarm suds for several hours previous to rubbing. Some persons soak them over night. The clothes should pass through two suds previous to boiling. When boiled, rub them out of the suds in which they were boiled; rinse them thoroughly in fair water with a little indigo in it. If water is hard it is very difficult to wash clothes in it; it can be softened with sal-soda or lye. The following is a good way of washing when soft water cannot be procured, but is not otherwise advisable, as clothes after being washed a few times in this way become of a yellowish hue, unless much care is used to rinse them thoroughly after boiling: Soak the clothes over night, if very dirty; if not, soak them several hours in lukewarm suds with sufficient soda in the water to soften, so that it will form a good suds; wring the clothes out without rubbing them. Prepare the suds for boiling them as follows: To every three pailsful of water put a pint of soft soap, a large spoonful of sal soda; heat it just lukewarm; then put in the clothes after they have been wrung out of the suds in which they were soaked; boil them an hour; drain them out of the suds as much as possible, as it is bad for the hands; add clean water to render them sufficiently cool for the hands. The dirt will rub out easily; rinse them in fair water, then in indigo water. It will not answer to wash colored clothes in the soda water. The suds left after washing is good to harden sandy cellars and door yards.

473. *Starch.*

To make good flour starch mix the flour gradually with

cold water so that it will be free from lumps; stir it into a pot of boiling water, and boil it four or five minutes, stirring it most of the time; strain it, when boiled, through a thick cloth, thin it with cold water, and blue it slightly with indigo. Starch may be made by turning boiling water on to the flour and water when mixed together, but it does not make the clothes look as well as when boiled. Poland starch is made in the same manner as wheat—a small piece of spermaceti boiled in it gives linen a glossy appearance. Garments that are not worn should not be laid by in the starch, as it will rot those things which are not frequently exposed to the air.

474. *To clean Woollen and Silk Shawls.*

Pare and grate raw, mealy potatoes; to each pint of the pulp put two quarts of cold water. Let it remain five hours, then strain it through a clean sieve, rubbing as much of the potato pulp through as possible; let the strained water stand to settle again. Put a clean white cotton sheet on a perfectly clean table, lay over the shawl, and pin it down tight and smooth. Dip a sponge, that has never been used, in the potato water, and rub it till clean, then rinse it in a pailful of clear water that has a cup of salt in it. Spread it on a clean, level place, where it will dry quick; if hung up, the coloring will be apt to run, and make the shawl look streaked. Fold it up while damp, and let it remain for half an hour, then wrap it in a clean white cloth, and put it under a heavy weight, and let it remain till dry.

475. *To clean Kid Gloves.*

Light kid gloves can be cleaned by rubbing on cream of tartar, magnesia, or camphene, with a flannel cloth. Windsor soap and milk are also good.

476. *To renew Rusty Crape.*

Heat skim milk and water; dissolve in half a pint of it a piece of glue an inch square, then take it from the fire. Rinse the crape in vinegar to clean it; then, to stiffen it, put it in the mixed glue and milk. Wring it out, then clap it till dry; smooth it with a hot iron, laying a paper over it when ironed. Gin is also very good to restore crape; dip it in the gin, then clap it till dry, and iron it as above.

477. *Directions for Carpets.*

Carpets that are in constant use should be taken up several times in the course of a year and shook thoroughly. The dirt which collects in and underneath them wears them out very fast. Straw kept under them, where the floor is uneven, will make them wear much longer. Carpets that are not much used should be taken up at least once a year, as there is danger of moths getting into them. If there is any appearance of moths when taken up, sprinkle over the floor tobacco or black pepper, and let it remain on when the carpets are put down. When the dust is well shaken out, if there is any dirty or greasy spots rub camphene on them. If much soiled, lay them on a clean floor, and rub on them, with a new broom, grated raw potatoes; let the carpet remain till perfectly dry, before walking on it.

478. *To remove Paint and Putty from Window Glass.*

Put sufficient saleratus into hot water to make a strong solution, then saturate the paint which is on the glass. Let it remain till nearly dry, then rub it off with a woollen cloth. This process will remove putty from glass if not dried on. If dry, whiting rubbed on will extract it.

479. *To clean Beds and Mattresses.*

When feather beds or pillows become soiled or heavy they can be cleaned and made fresh and light, if treated in the following manner: Rub them over with a stiff brush dipped in warm soap suds. When rubbed clean put them on a clean shed, where the rain will fall on them. When thoroughly soaked through, let it remain in a hot sun for a week, to dry through, shaking it up well each day, and turning it over. They should be covered with a thick cloth at night, or they will become damp and mildew. The above mode of cleaning feather beds is quite as effectual in restoring them to their original lightness as the old tedious process of emptying them and washing the feathers separately; but care must be taken to dry the beds perfectly previous to sleeping on them. Hair mattresses that have become hard and dirty can be rendered as good as new by ripping them, washing the ticking, and picking the hair free from bunches, and keeping

it in a dry, airy place for a number of days. The ticking should be dry when the hair is put back into it.

480. *To cleanse Vials and Pie Plates.*

Bottles and vials that have had medicine in them may be cleansed in the following manner: Put ashes in each one, and immerse them in a pot of cold water; set the pot where the water will heat gradually; let them boil an hour, then take the pot from the fire; let the bottles remain in till cold, then wash them in soap suds and rinse them in fair water. Pie plates that have been used much are apt to impart an unpleasant taste to pies, which is owing to the lard and butter used in the pastry soaking into the plates and becoming rancid. It can be removed by putting them into a brass kettle with ashes and cold water, and boiling them for an hour. Granite crockery that has not been properly washed is apt to turn brown; warm, wet ashes rubbed on, will restore them to their original whiteness.

481. *To temper Earthen Ware.*

Earthen ware that is used for baking will be rendered less liable to crack from the heat of the oven, if, previous to using them, they are put into a kettle with sufficient cold water to cover them, and heated slowly till the water boils, then taken from the fire, the ware remaining in the water till it becomes cold. The yellow and blue ware is much less liable to crack than the white ware.

482. *To temper New Ovens and Iron Ware.*

New ovens, previous to being used, should have a fire kept in them for half a day; when the fire is removed, the mouth of the oven should be closed. It should not be baked till heated the second time. If not treated in this manner, it will not retain its heat well. New flat irons, previous to using them, should be heated for half a day, in order to have them retain their heat well. Iron cooking utensils will be less liable to crack if heated previous to using them, five or six hours. They should be heated gradually and cooled in the same manner. Cold water should not be turned into empty iron pots that are hot, as it will crack them by cooling the surface too suddenly.

483. *To polish Brass, Britannia, and Silver Utensils.*

Rotten-stone and spirits are the best materials for cleaning brass. Sweet oil and rotten-stone answers very well to polish the brass; rub it, after the spots are removed, with dry rotten-stone and a woollen cloth. Whiting or chalk should be used for polishing silver. If spotted, rub them over with wet chalk reduced to a fine powder; let it remain till dry, then rub it off with a dry woollen cloth. If the chalk does not remove all the spots, apply ashes to them. Britannia ware should be rubbed with a flannel rag, dipped in sweet or linseed oil, if spotted, then washed in soap suds and wiped dry. To polish the ware, rub it with a piece of dry flannel and chalk or whiting.

484. *To remove or keep Rust from Cutlery.*

Bristol brick will remove rust from steel utensils, and give them a polish. It should be powdered fine, and rubbed on with a woollen cloth; if the brick does not remove the spots, rub them with sand paper, or else rub on sweet oil, and let it remain for a day; then rub it over with powdered quick-lime. To keep those that are not in constant use from contracting rust, clean them thoroughly with Bristol brick; rub them over with sweet oil, and wrap them in brown paper, so as to exclude the air. Knives and steel forks should be wrapped in brown paper, each one separately. Those with ivory handles should not be put into warm water, as it will turn them yellow; wipe the handles with a damp cloth to clean them. If, through misuse, they turn yellow, rub them with sand paper.

485. *Preservatives from Moths.*

Moths are very apt to get into fur and woollen garments, and eat holes in them during the month of June. To protect the garments from their ravages, put them, during the latter part of May, in a box, with considerable camphor-gum, or cedar chips, interspersed through them. Tobacco is also good for this purpose. When moths get into garments, the most effectual way of destroying them is to hang them in a closet; set in a pan of live coals, and sprinkle tobacco leaves on them, so as to have a strong smoke.

486. *To destroy various Household Vermin.*

Hellebore, rubbed over with molasses, and put in places that cockroaches frequent, will destroy them very soon. Arsenic spread on bread and butter, and placed round rat or mice holes, will put a stop to their ravages; but as they are apt to die in the walls when poisoned, and cause a disagreeable smell for a long time, it is not, perhaps, advisable to use it in a dwelling house. It can be used to clear barns of them without incommoding any one. To kill flies, when so numerous as to be troublesome, keep cobalt mixed with spirits and sugar, on a shallow plate. The spirits will attract the flies and the cobalt will poison them, so that they will die very soon. Bedsteads that have bugs in them should be taken apart and washed thoroughly with cold water, which is better than scalding them; then beat up the white of an egg with quicksilver, and put it round the crevices of the bedsteads with a feather; it should also be applied to the holes of the sacking, where the cord is put through. The quicksilver may be mixed with lard instead of the egg. When the bugs get into the cracks of walls they should be filled with verdigris paint; if under the paper, it will be necessary to pull it off and wash the walls and repaper them. Camphor, in small bits, or the flour of sulphur, sprinkled round the places that ants frequent, it is said, will drive them away; sage is also good. Much care is necessary to keep the above articles from children, as they are poisonous, excepting those which are used to kill ants.

487. *To make Hens Lay.*

Let them have a wide range, as they will not do well if confined for any length of time. In winter give them a coop, with sand to roll in, and plenty of pure water to drink. Feed them well on corn, buckwheat, and warm boiled potatoes. In winter, when they cannot procure worms, it will be necessary to give them a little meat occasionally; also to mix a little lime with their food, as without it they cannot lay, however well fed they may be. The lime is necessary to form the shell. Some pound up egg shells and give it to them, but it is apt to learn them to eat their eggs. Young chickens should be fed on Indian meal or pieces of bread soaked soft

488. *To dye Black.*

For each pound of goods to be dyed, allow a pound of logwood, powdered fine, a small bit of copperas, and sufficient vinegar to wet the goods; put the dye in a thin bag, then heat it for several hours in an iron vessel, and let the articles that are to be dyed steep in it three or four days, in a warm place. Take them out several times and dry them. At the expiration of the time, dry them perfectly, then wash them in soap-suds until the dye will not come off. The articles should be washed in soap-suds previous to dying.

489. *Yellow Dyes*

For a buff color, boil equal parts of anotta and common potash in soft clear water. When dissolved, take it from the fire; let it get cool, then put in the goods, which should previously be washed free from spots; set them on a moderate fire, and let them remain till of the required shade. To dye a salmon and orange color, tie anotta in a bag; soak it in warm soap suds till you can squeeze enough of it through the bag to make the suds a deep yellow. Wash the articles free from dirt and color; then boil them till of the shade you wish, stirring them frequently, to keep them from spotting. There should be enough of the dye to cover the goods, and they will be of a salmon or orange color, according to the strength of the dye and the length of time they are in. Drain them out of the suds without wringing; dry them in the shade, and wash them in soft soap-suds when dry. Goods dyed in this manner should never be rinsed in fair water. Peach leaves or saffron make a good straw or lemon color, according to the strength of the dye. Steep them in soft, fair water, in an earthen or tin vessel, then strain the dye, and set it with alum; and, if you wish to stiffen the article to be dyed, dissolve a little gum arabic in it; then steep the goods in it.

490. *Slate Color.*

To produce a dark slate-colored dye, boil sugar-loaf paper with vinegar in an iron utensil; add alum to set the color. Tea grounds set with copperas make a good slate color. For a light slate color boil white maple bark in clear water in a brass kettle, with a little alum. Boil the goods in the

dye, then drain them, without wringing, and dry them in the shade.

491. *Green and Blue Dye.*

For green dye, take a pound of oil of vitriol, and turn it upon half an ounce of Spanish indigo that has been reduced to a fine powder. Stir them well together, then add a lump of pearlash of the size of a pea. As soon as the fermentation ceases, bottle it, and it will be fit for use the next day. Chromic blue is made in the same manner, using half the quantity of vitriol. For woollen goods, the East India indigo will answer as well as the Spanish, and is much cheaper. This dye will only answer for silk and woollen goods; the vitriol rots the threads of cotton goods. Wash the articles to be dyed till free from dirt and color. If the color is not extracted by washing, boil the goods; rinse out all the soap or the dye will be ruined. To dye a pale color, put to each quart of soft warm water that is to be used for the dye, ten drops of the above composition. For a deep color more will be required. Put in the articles without crowding, and let them remain till of a good color. The dye-stuff should be kept warm. Take the articles out without wringing; drain out as much of the dye-stuffs as practicable, then hang them to dry in a shady, airy place. They should be dried in warm clear weather, as the goods will not look nice if not dried quick. When perfectly dry, wash the articles in lukewarm suds to prevent the vitriol from injuring the texture of the cloth. For a lively green, mix a little of the above composition with yellow dye. This dye should be used with much care, as oil of vitriol will corrode whatever it touches, and is sure to cause death if swallowed.

492. *Red Dye.*

To dye a fine crimson, take for each pound of goods two and a half ounces of alum and an ounce and a half of white tartar. Put them in a brass kettle, with sufficient water to cover the goods; put in the articles to be dyed, having previously washed them and rinsed out all the soap-suds in fair water. Boil the goods for half an hour, then take them out without wringing, and hang them where they will cool all over alike without drying. Empty out the alum and tartar water; put in fresh fair water, and an ounce of cochi

neal powdered fine for each pound of goods to be dyed. Boil the water and cochineal for twenty minutes, then add cold water to render it just lukewarm; put in the goods and boil them an hour and fifteen minutes; take them out without wringing, and dry them in a shady place. To die a delicate pink, use a carmine saucer—the directions for dyeing come with the saucers. It is too expensive to use for anything but small articles like ribbons.

493. *Potash Soap.*

Heat twenty five pounds of strained grease, and mix it with four pailfuls of lye, made of twenty pounds of white potash. Let it stand in the sun, stirring it frequently. In the course of a week fill the barrel with weak lye. If the potash is good, the soap will come readily, and be of a fine quality, and with much less trouble than to make a lye of ashes, while it is about as cheap as if the ashes are sold to a soap-boiler or used for manure, if you have a garden. The above soap cannot be made in cold weather, as it requires a warm sun to make it come. It may be made in winter in the following manner: Dissolve eighteen pounds of potash in three pailfuls of water, then add to it twenty-five pounds of grease, and boil it over a moderate fire for a couple of hours; turn it into a barrel, and fill it up with water.

494. *Soap from Ashes.*

To prepare a lye for soap, take a barrel without a bottom and place it on a board that has a trough to convey the water into another vessel; cover the bottom of the barrel with straw, then sprinkle over a couple of quarts of lime; fill the barrel with ashes; turn on cold water (well-water will answer), a pail only at one time, and turn it on slowly. Continue to turn on water, at intervals of three or four hours the first, the third, and fifth days. When the lye becomes strong enough to bear up an egg, put to fifteen gallons of it eleven pounds of grease, heated to the boiling point. Stir it for five minutes every day, till it forms soap. If it does not come in the course of a week, add a pailful of soft water.

495. *Soda Cake.*

Mix together two cups of white sugar and one of butter

and when strained to a cream, add six beaten eggs, four cups of sifted flour, two tea spoonfuls of cream of tartar, and a grated nutmeg. Dissolve a tea spoonful of soda in a cup of sweet milk, and stir it in the last thing.

496. *Cream Jelly Cake.*

Stir into two cups of sweet cream sufficient sifted flour to render it of the consistency of batter cakes, and add four beaten eggs, a cup of white sugar, two tea spoonfuls of cream of tartar, and spice it to the taste. When the whole is well mixed, add a tea spoonful of soda, dissolved in half a wine glass of sweet milk or water. Turn the mixture immediately into shallow round pans, well buttered, not having it over one-third of an inch in thickness, and bake it immediately in a quick oven. When baked, pile the cake on a plate, spreading jelly on each one.

497. *Potato Pastry.*

Pare nice mealy potatoes, and slice them; boil them in just sufficient water to cover them, with a little salt. When very soft, mash them fine, and stir in sufficient sweet cream to make the potatoes quite moist, rather more so than for immediate eating. Add sifted flour, to render it of the right consistency to roll out, and use it for your pies as soon as made.

498. *A superior mode of Boiling Potatoes.*

Put them in a pot, with just sufficient water to cover them, leaving off the lid of the pot. When the water becomes scalding hot, without boiling, turn it off and replace it with cold water, adding salt. The cold water sends the heat from the surface to the heart of the potato, rendering it mealy. When potatoes are old, they should be pared previous to boiling them.

499. *Indian Pudding without Eggs.*

Turn two quarts and half a pint of boiling milk on a pint and a half of sifted Indian meal, stirring it well, so that it may be free from lumps. Then add two cups of molasses, half a cup of melted butter, two large spoonfuls of ginger, and two tea spoonfuls of salt. Butter an earthen

pudding-dish with cold butter; if melted butter is used, the pudding will stick to the dish. The pudding should bake quick at first, the latter part of the time more slowly. It takes about two and a half hours to bake this pudding. It does not require any sauce.

500. *Rice Snow-Balls.*

Boil a pint of rice in two quarts of water till quite soft, then put it in tea-cups, having them quite full. When perfectly cold, turn them into a dish. Make a sauce of one pint of milk, sweetened to the taste with powdered white sugar; flavor it with extract of vanilla or lemon, and add a wine-glass of wine; turn half of it over the rice half an hour previous to eating it; add the rest when served up. This is a nice dessert in hot weather. Sweetmeats are a good accompaniment.

501. *Quick-boiled Custard.*

Boil a quart of milk, sweeten it to the taste with white sugar, and flavor it with any one of the following extracts: vanilla, peach, or lemon. Mix half a pint of cold milk with the beaten yolks of seven eggs, and stir them into the rest of the milk while boiling. The moment it is stirred in, remove it from the fire, and stir it constantly for a couple of minutes, then turn it into a dish. If you wish to ornament it, beat the whites of four eggs to a froth, with currant jelly, and lay over it. If the above directions are strictly followed, the custard will be as nice as if the eggs were added when the milk was first put on the fire, and is a much less tedious way of making it.

502. *Lemon Water.*

Dissolve six pounds of refined white sugar, four ounces of tartaric acid, and two quarts of water; stir it up, and add the beaten whites of four eggs. Heat the whole till scalding hot, taking care not to let it boil. When cool strain, and add sufficient extract of lemon to flavor it. Take two large spoonfuls of the above to two thirds of a tumbler of water. If you wish for an effervescing drink, stir in a little carbonate of soda.

503. *Lemon Shrub.*

Procure nice fresh lemons, and pare the rind thin, so as to get as little of the white part as possible, as it imparts a bitter taste to the shrub, if used; squeeze out the juice of the lemons, and strain it. To a pint of the juice put a pound of white sugar, broken into small pieces. Measure out, for each pint of the syrup, three large spoonfuls of French brandy, and soak the rinds of the lemons in it. Let the whole remain a day, stirring up the lemon-juice and sugar frequently. The next day turn off the syrup and mix it with the brandy and lemon rinds. Put the whole in clean bottles; cork and seal them tight, and keep them in dry sand in a cool place.

504. *Molasses Candy.*

The New Orleans molasses is the best for candy; if the West India molasses is used, the candy is improved by adding a spoonful of saleratus to a quart of the molasses on taking it from the fire when boiled. The pure molasses makes good candy, but it is rendered much more delicate and brittle by boiling sugar with it, in the proportion of half a pound to each quart. Boil it on a moderate fire, stirring it frequently, to keep it from boiling over. If the molasses is of a good kind it will boil sufficiently in the course of an hour. To test it, drop a spoonful into a cup of cold water; if it is brittle, the whole is sufficiently boiled. Turn it into buttered pans, and flavor it, when turned out, with any kind of essence you may like. When cooled, so that it will not burn, grease the hands with a little butter, and work it well with the hands. When of a light color, pull it out into long strips, and lay it on a moulding board, and cut it into small rolls.

505. *Sugar Candy.*

Allow half a pint of water for each pound of sugar, half a tea spoonful of gum-arabic, and half a sheet of isinglass. Dissolve the whole over a moderate fire, in a brass kettle; stir it up well. When it boils, remove it from the fire, and skim it till clear. Then put it on the fire again, and boil it till it becomes very brittle, which is ascertained by dropping a spoonful into a cup of cold water. If the candy is made of white sugar, add a little vinegar, or it will be too brittle.

When taken from the fire, flavor it with any essence you may prefer; color it, if you like, with tincture of saffron or cochineal coloring. Draw it out when partly cooled into any length you choose, and twist and cut it into rolls. For nut candy, use brown sugar; almonds should be blanched and chopped in small pieces, and cocoanut grated after removing the brown part. Stir in the nuts when the candy is boiled sufficiently, previous to turning it into buttered pans.

506. *Lemon Drops.*

Stir powdered white sugar into lemon-juice till of such a consistency as you can hardly stir it. Put it into a porcelain preserve-kettle, and set on a moderate fire for five minutes, stirring it constantly with a wooden stick. Remove it from the fire; flavor it with extract of lemon, and drop it with the point of a knife on white writing paper. When cold, the drops will come off easily.

507. *Spiced Peaches.*

Five pounds of peaches, two pounds of nice brown sugar, one quart of vinegar, one ounce of cinnamon, half an ounce of cloves, and a quarter of an ounce of mace. Cut the peaches in halves, and boil them in the sugar and vinegar till cooked through; then take out the peaches and boil the spices in the syrup. They should be tied up in small pieces of cloth. When the syrup is sufficiently spiced, turn it over the fruit.

508. *Water Cookies.*

Three pounds of flour, one and a half pounds of sugar, three quarters of a pound of butter, two tea spoonfuls of saleratus, dissolved in a large spoonful of water, and half a pint of boiling water turned on the sugar. Rub the butter with the flour, then add the sugar and water, and one nutmeg. When thoroughly mixed, stir in the saleratus; roll it out; cut into cakes, and bake immediately.

509. *Soda Jumbles.*

Three cups of sugar, one and a half cup of butter, five eggs, a cup of water, with a tea spoonful of soda dissolved in it, two spoonfuls of cream of tartar, six cups of sifted

flour, and one nutmeg. Stir the sugar and butter well together, then add the eggs, beaten to a froth, the flour, cream of tartar, and spice. When the whole is thoroughly mixed, strain in the soda and water. Drop the mixture on to buttered tins.

510. *Iced Chocolate.*

Boil two quarts of milk. scrape off chocolate fine, and mix it smooth with a little cold milk, and then stir it into the boiling milk. Use a table spoonful of chocolate for each pint of milk, and, if the chocolate is not the spiced kind, boil with it several sticks of cinnamon or blades of mace. Vanilla is also nice to flavor the chocolate. Sweeten it with loaf sugar, and let it boil slowly for a quarter of an hour, and add half a pint of cream on taking it from the fire. If you cannot procure cream, beat the yolks of a couple of eggs to a froth, mix them with a cup of cold milk, and pour into the chocolate while boiling, stirring the chocolate constantly to keep the eggs from curdling; take it from the fire immediately when mixed, and turn it into a cold dish. Freeze it in the same manner as ice cream.

511. *Black Butter.*

Take any kind of ripe berries, and put to them half their weight of brown sugar; mash, and stew them gently for half an hour, stirring them frequently. This is a good substitute for butter spread on bread, and is usually much liked by children, and is more healthy than butter, particularly for those afflicted with humors in the blood.

512. *Washing Recipe.*

Mix a gill of alcohol with a gallon of soft soap. When well mixed, apply the soap in the usual manner to the clothes, and let them soak in the suds two or three hours. Treated in this way, they will require very little rubbing. Boil them well after soaking.

513. *Superior preparation for Starching.*

Take a couple of ounces of gum-arabic, and put it in a pitcher; pour on a pint of boiling water; cover it over, and let it remain until the succeeding day; then turn it off care-

fully from the dregs into a clean bottle and cork it up for use. A table spoonful of this, stirred into a pint of Poland starch, made in the usual manner, will give a fine gloss to linen, and will impart a look of newness to either white or colored lawns.

SIMPLE REMEDIES.

THE following medicinal directions are not designed to supersede the necessity of employing a regular physician in case of serious illness, but only in cases of emergency, where one cannot be procured immediately, or where the ailment is so slight that one does not feel disposed to consult a physician concerning it.

514. *Headache.*

Three or four drops of nitric acid in a tumbler of water is an effectual remedy when a pain in the head proceeds from a deficiency of acid in the stomach. If owing to over acidity of the stomach, a third of a tea spoonful of soda in two-thirds of a tumbler of cold water, will correct the acid; for a child, use a less quantity. Sage or hop tea is very good to relieve a nervous headache; the first, in particular, is good for a sick headache; if it produces vomiting it will relieve it all the sooner. A few drops each of camphor and hartshorn, in a small quantity of water, will often cure a nervous headache; also bathing the head freely with cold water, and soaking the feet in hot water, with a large spoonful of mustard to three or four quarts of the water. When the head inclines to ache frequently, it is advisable to diet; if owing to costiveness, brown bread, eaten constantly, instead of wheat, will cure it.

515. *Toothache.*

Laudanum, peppermint, or camphor, dropped on cotton, and applied to the cavity of the tooth which aches, will often afford relief. When these fail, the following will generally be found effectual: Make a strong solution of pulverized red pepper and camphor, and apply it to the tooth on cotton; lay dry cotton over it, to help to soak up the moisture so

that it will not run down the throat. Alum pulverized, and common salt, in equal quantities, is also efficacious. When the pain proceeds from a cold, a hot drink, on going to bed, will often quiet the pain.

516. *Ague in the Face.*

Apply a poultice made of flour and ginger; mustard poultice is also good, but it is apt to scar the face. Hops steeped, and applied hot to the face, will often afford relief.

517. *Earache.*

The heart of a roasted onion put, when warm, into the ear, when aching, will generally relieve it; when this fails, apply cotton with a few drops of laudanum on it. A strong decoction of tobacco is very efficacious. A little sweet oil is good for a slight pain in the ear.

518. *Chilblains.*

Take two large spoonfuls of lime-water and mix with it sufficient sweet oil to render it of the consistency of lard. Rub the chilblain with it, drying it by a fire, and wrap it in a linen cloth. This repeat a number of times, just before retiring at night. Bathing chilblains in alum water, as hot as it can be borne, repeating it for several successive nights, it is said will cure them. Cotton stockings should be worn by those troubled with chilblains, as woollen ones make them much worse.

519. *Remedies for Sore Throat.*

Brandy and loaf-sugar will often cure a sore throat; also turpentine and loaf sugar, on retiring at night—twenty drops for a grown person are required; for a child a less quantity. When the above shall fail of affording relief, the following will generally be effectual: One large spoonful of cayenne pepper, one gill of boiling vinegar, and three tea spoonfuls of salt, mixed together. Let the mixture remain until settled, then strain, and gargle the throat every thirty minutes with it, until relieved. When the throat is ulcerated, very great benefit will be found from wrapping a mustard poultice round the throat, letting it remain till the inflammation is drawn to the surface. It will leave a scar for a short time, but

that is a small evil compared to the benefit derived from its use. Washing the throat daily, in cold water, is a good preventive where one is subject to the quinsy or a common sore throat.

520. *Mustard Poultice.*

Make a thick boiled paste of wheat flour, lay it on a muslin cloth, an inch or more in thickness, and sprinkle mustard flour over thick, on the side that is to be applied to the flesh. The poultice should be warm when applied.

521. *A Cankered Mouth.*

Alum burnt and powdered, and sprinkled over a cankered mouth, is a good remedy. Blackberry leaves, made into a tea, is very good for a sore mouth, particularly when occasioned by taking calomel. The tea should be made of the low-vine blackberry; and, if sweetened with honey, it will be rendered more effectual.

522. *For Hoarseness.*

Slice up raw onions, sprinkle over loaf-sugar thick, and let it remain till a syrup is formed, then take a tea spoonful of it frequently. Molasses, warmed with a little butter and vinegar, will often afford relief, if taken freely. The following is a good remedy in cases of obstinate hoarseness: Make a strong decoction of horse-radish, sweeten it with honey or white sugar, and add a little vinegar to it. Take a tea spoonful occasionally.

523. *Treatment of Colds.*

If the cold is accompanied with feverish symptoms, bathe the feet in warm water for fifteen or twenty minutes previous to retiring for the night, adding more as it cools. Take some hot drink, and cover up warm, in order to produce perspiration, avoiding exposure the succeeding day, as one is very liable to take cold after getting into a perspiration. Any one of the following drinks is good to produce perspiration: Hot sage tea, or everlasting tea, hot lemonade, or a few drops of camphor in warm water; no spirit should be taken where there is any tendency to fever. For a slight cough, eat freely of white sugar, liquorice-ball, or molasses

candy. For a slight cough, a tea made of everlasting, according to the direction for cough tea, is very effectual. It can be drank freely cold, but is more efficacious if heated. The following preparation is very good for a bad cough: Mix equal quantities of the tincture of blood root, balsam of Tolu, and paregoric; administer, frequently, from ten to twenty drops, according to the age of the patient, and the violence of the cough.

524. *To stop Vomiting.*

Brandy and water camphor and water, or mint tea, are each of them good to stop immoderate vomiting. They should be drank in small quantities at once, but frequently; the stomach, when weakened by vomiting, can retain but a little liquid. Keep on the chest a flannel cloth, wet in spirits; opium grated on it renders it more effectual. The patient should lie on the back and avoid moving.

525. *Bleeding at the Nose.*

Bathe the head often in cold water, apply a key to the back, between the shoulders, and keep the patient on his back, with the head on a level with the rest of the body, and keep cloths, wet in cold water, on the forehead. If it does not cease bleeding in the course of a few minutes, apply to the nostrils cotton wool, wet in cold alum water, stopping the nostrils with the cotton. A slight bleeding at the nose is frequently beneficial, and should not be stopped until it becomes immoderate, excepting when it proceeds from debility. In such cases, a little brandy or peppermint, mixed with water, is very good to stop the bleeding and strengthen the patient.

526. *Wounds or Cuts.*

For a slight cut nothing more is necessary than to bind it tight, letting it remain tight until it adheres. For a bad cut, apply a rind of salt pork; this is also efficacious for a wound occasioned by a nail or pin. Spirits of turpentine is also very good to prevent the lock jaw from setting in. Soaking the wound in strong hot lye is very efficacious, if done immediately after being wounded, and a poultice wet in hot lye should be kept on the wound for a number of hours, dipping it in hot lye whenever it gets cold. With proper

precautions at first, that horrible malady—the lock-jaw—may be almost invariably averted, even if the wound is a severe one. Slight wounds should not be neglected, as they often occasion the lock-jaw. For sores that do not heal readily, mix yellow bar soap with brown sugar, to form a consistent paste, and apply to the sore. When a wound bleeds too much, scrape sole leather to form a coarse lint, and cover the wound with it. Give a third of a tea spoonful of camphor, in half a tumbler of water, to prevent fainting.

527. *Burns.*

Cotton batting, moistened with linseed or sweet oil, and applied directly to the burn, is very efficacious; the linseed oil is preferable, as it allays the pain, while at the same time it extracts the fire. The cotton should not be removed when the skin is off, until the burn is healed, as the new skin will adhere to it while forming, and come off with it. If the burn is washed in lime water, previous to applying the cotton, it will not be so liable to leave a scar.

528. *An Antidote to Poisons.*

Mix two tea spoonfuls of the flour of mustard, previously prepared as for the table, with half a tumbler of warm water; this will produce vomiting, and cause any poisonous substance taken into the stomach to be thrown off, if taken immediately after the poison is swallowed. For an overdose of laudanum, very strong tea or coffee is good, particularly in cases where the patient is too weak to take an emetic.

529. *Convulsions.*

Put the patient in as warm a bath as can be borne, and put strong mustard plasters on the feet and ice water on the head. If the fit is caused by eating improper food, give an emetic.

530. *Inflammation of the Brain.*

Where there is a tendency to inflammation of the brain, keep cloths, wet in ice water, on the head, wetting the cloths as fast as they become warm; if you cannot procure ice, use the coldest water you can obtain for wetting the cloths.

Keep strong draughts on the feet, and procure medical aid as soon as practicable.

531. *Humors.*

When humors appear on the skin do not use any outward applications to drive them in, as it is much better for the health that they should be on the surface than in the system. Wheat flour may be applied with safety to the face in cases of slight eruptive pimples; it is very cooling, and will often cause the pimples to disappear. Cover the face thick with the dry flour on retiring at night. But a permanent cure for this, and all other eruptions, can only be effected by dieting and taking medicine to purify the blood. Spring beer, or a decoction of yellow-dock root, is very good to purify the blood. A tea of saffron and snake root is very good for humors, particularly when they do not come out on the surface as they should. For boils, apply a poultice of ginger and flour to draw them to a head.

532. *Ringworms.*

Apply gunpowder, wet, on retiring at night, and let it remain on the ringworm till morning. The oil obtained from roasting a butter-nut, applied in the same manner as the gunpowder, is good to remove ringworms.

533. *Warts.*

Dissolve as much salts of soda in a third of a cup of water as it will absorb. Wash the warts with the water several times in the course of a day, for several successive days, letting it dry without wiping, and the warts will soon disappear. Warts, having less vitality than the skin, are more readily affected by the alkali.

534. *To extract Substances from the Nostrils.*

When a child has any substance wedged in its nostrils, press the vacant nostril so as to close it, and apply your lips close to the child's mouth, and blow very hard. This method will generally force the substance out of the nostril.

535. *Run-Round.*

When indications of a run-round first appear—the finger

festering, as if there was a splinter in it—soak it repeatedly in the course of the day, in as hot lye as can be borne. Blistering salve, kept on for a number of hours, will generally arrest its progress, if applied in the early stages, and will not produce a blister where there is a run-round. If neglected until it has made considerable progress, it cannot be cured till it runs completely round the finger, but the pain may be alleviated by keeping on it a poultice made of bread and milk, with laudanum in it. It should be opened to let out the impure matter.

536. *To remove Pimples, Styes, and Biles.*

Touch them with spirits of turpentine every six hours; this should be applied to biles and styes in their first stages, to effect a cure.

537. *Corns.*

Copperas dissolved in water, so as to form a strong solution, a cloth dipped in it, and bound on corns, when retiring, for several successive nights, will often eradicate them. Care must be used not to wet the sheets with the copperas water, as it stains badly.

538. *To cure the Bites of Spiders or Mosquitos.*

Make a bread and milk poultice, and mix with it twenty drops of laudanum, and bind it on the place that is bitten; if a severe bite, apply leeches. For mosquito bites apply salt, moistened with water. Camphor is also good.

539. *To remove the Stings of Insects.*

Be sure and extract the sting when left in, then apply salt, moistened with water; camphor, hartshorn, or spirits of turpentine, is good to alleviate the pain caused by the sting of a bee or wasp.

540. *Treatment for a Sprained Ankle.*

Wash the sprain frequently in cold salt and water. It should be kept cool, and the ankle elevated, to prevent inflammation. The patient should walk as little as possible. Take cooling medicine, and live on vegetable food.

541. *Biliousness and Dyspepsy.*

It is very injurious to the constitution to take medicine whenever the stomach becomes disordered. The most sure method of enjoying good health, is to take plenty of exercise regularly, and live on plain, wholesome food. Indigestion may be helped by taking a little brandy and water after eating; old cheese is also good, particularly when produced by eating too much fruit. Biliousness is frequently produced by costiveness; in such cases, brown bread, eaten daily, instead of wheat, will be found very efficacious; also many kinds of fruits, such as peaches, apples, and currants; oatmeal and barley are also relaxing articles of diet.

542. *Neuralgia and Rheumatism.*

These are arranged under the same head, being nearly allied, and requiring pretty much the same treatment. For neuralgia, take bracing medicines, such as quinine or preparations of iron, and bathe every day in cold water, particularly the place where the pain is located: cold bathing alone will frequently effect a cure when the disease has just commenced. When the pain is very acute, anodynes will have to be used; but as they only alleviate the pain for a short time, at the risk of increasing the complaint, by weakening the nervous system, it is better to dispense with their use, if practicable. A tea made of either of the following herbs will often afford relief, without producing any bad results: Motherwort, valerian, hops, or sage. They are all good to quiet the nerves, and produce sleep; they may be drunk freely. Camphor and water is also good to quiet the nerves, but it must be used with care, as it is a powerful medicine. If afflicted with the rheumatism, bathe daily in cold water, and rub the skin hard with a rough cloth to produce a free circulation of the blood. This mode of treatment is safe and beneficial; but bathing with hot spirits, although often affording temporary relief, is a dangerous remedy, as it is apt to drive the disease from the surface to the vital parts, particularly if the stomach is not guarded by previously taking a hot drink, with spirits in it. Benefit is often experienced from drinking freely of hop-tea, with a little ginger in it. Cider, particularly the brisk bottled cider, is very good for rheumatic, neuralgic, and bilious habits. When

the rheumatism is severe, a tea spoonful of the ammoniacal tincture of guaiacum in a wine glass of water, taken twice a day for a number of successive days, will usually be found efficacious. Those troubled with the rheumatism should take considerable exercise daily, and keep the bowels regular by the use of loosening articles of food, such as brown bread or oatmeal.

543. *Bilious and Wind Colic.*

Pick off the blossoms of thoroughwort, as they will produce vomiting, and throw them away; make a strong tea of the remainder, and give it to the patient hot, mixing brandy with it. Thoroughwort bitters, made according to the directions in this book, will often eradicate a constitutional tendency to this distressing complaint; it will be necessary to drink it daily for some weeks, to have much effect. Flannel wet in hot brandy, with cayenne pepper, or mustard sprinkled over, and laid on the bowels, will often give relief in cases of extreme distress. Ginger-tea, taken hot, with one third of a tea spoonful of saleratus, is good for any kind of colic. An ordinary wind colic may be relieved, generally, by taking one third of a tea spoonful of soda, or saleratus, dissolved in half a tumbler of water, with a few drops of peppermint in it.

544. *Croup.*

As this is a very dangerous and rapid disease, the best medical aid should be procured as soon as practicable; in the meantime, the most strenuous efforts should be made to arrest the progress of the disease. Bathe the feet in hot water, and put draughts on the feet, with mustard on them. Simmer onions with lard and apply to the throat. A piece of linen or cotton cloth soaked in lard or sweet oil, sprinkled over with Scotch snuff, and applied where the distress is greatest, will often afford relief. Turpentine mixed with hot water, a flannel cloth dipped in it, and applied to the throat; the hands and feet rubbed with it, is a good remedy for this distressing complaint. Hive syrup, taken internally, or a syrup made of sliced onions and white sugar, will often be found effectual in arresting the progress of the disease.

545. *Remedy for Summer Complaint.*

Mix together two large spoonfuls of pulverized rhubarb

two of cinnamon, the same of loaf-sugar and French brandy and half a pint of water—the two last should be added to the preceding ingredients gradually. Give a tea spoonful three times every hour, until the complaint is checked. Black-berry syrup, or a tea made of the high-vine leaves and roots is an excellent remedy for bowel complaints. For cholera morbus, give hot brandy and water, and ginger tea, and lay a cloth, wet in hot spirits, with mustard sprinkled over it thick, on the bowels.

546. *Asthma.*

A cup of very strong coffee, without milk or sugar, will often afford relief. The following is said to help the most obstinate cases: Dissolve a pint of saltpetre in a pint of water, dip sheets of fine brown paper in the solution until saturated, and dry the paper. For a fit of asthma, burn a strip of it in a close room, having the patient exhaling the fumes of it.

547. *Remedy for Worms.*

Dissolve a piece of copperas, of the size of a pea, in a two ounce vial filled with water, and administer a tea spoonful of it twice a day for three or four successive days. Omit it for three days; then, if the patient is not relieved, give it for several days more. For a child under two years, give half the above quantity. Care must be observed in the use of copperas, as it is poisonous; but there is no danger in using it according to the above direction, and it is a very effectual remedy for worms.

548. *Food and Drinks for the Sick.*

In cases of fever very little food is required, and that of the gruel kind is more suitable than any other. Acid drinks may be given. A tea of dried currants is beneficial, particularly in hectic fevers. Spirits of any kind should rarely be given to those afflicted with fevers, as it increases the fever. Consumptive patients should have nourishing food, but not that which is stimulating. Preparations of rice are very good for those afflicted with diarrhea or dysentery, often affecting a cure without the use of medicine.

THE WHOLE ART OF CARVING.

PRELIMINARY REMARKS.

THE carving-knife should be light, of middling size, and of a fine edge. *Strength* is less required than *skill* in the manner of using it; and to facilitate this, the butcher should be directed to divide the *joints* of the bones of all carcass joints of mutton, lamb and, veal, (such as neck, breast, and loin,) which then may easily be cut into thin slices, attached to the bones. If the whole of the meat belonging to each bone should be too thick, a small slice may be taken off between every two bones.

The more fleshy joints (as fillets of veal, leg or saddle of mutton and beef) are to be helped in thin slices, neatly cut, and smooth. Observe to let the knife pass down to the bone in the mutton and beef joints.

The dish should not be too far off from the carver, as it gives an awkward appearance, and makes the task more difficult. Attention is to be paid to help every one to a part of such articles as are considered best.

In helping fish, take care not to break the flakes, which in cod and very fresh salmon are large, and contribute much to the beauty of its appearance. A fish-knife, not being sharp, divides it best. Help a part of the roe, milt, or liver, to each person. The heads of carp, part of those of cod and salmon, sounds of cod, and fins of turbot, are likewise esteemed niceties, and are to be attended to accordingly.

In cutting up any wild fowl, duck, goose, or turkey, for a large party, if you cut the slices down from pinion to pinion without making wings, there will be more handsome pieces.

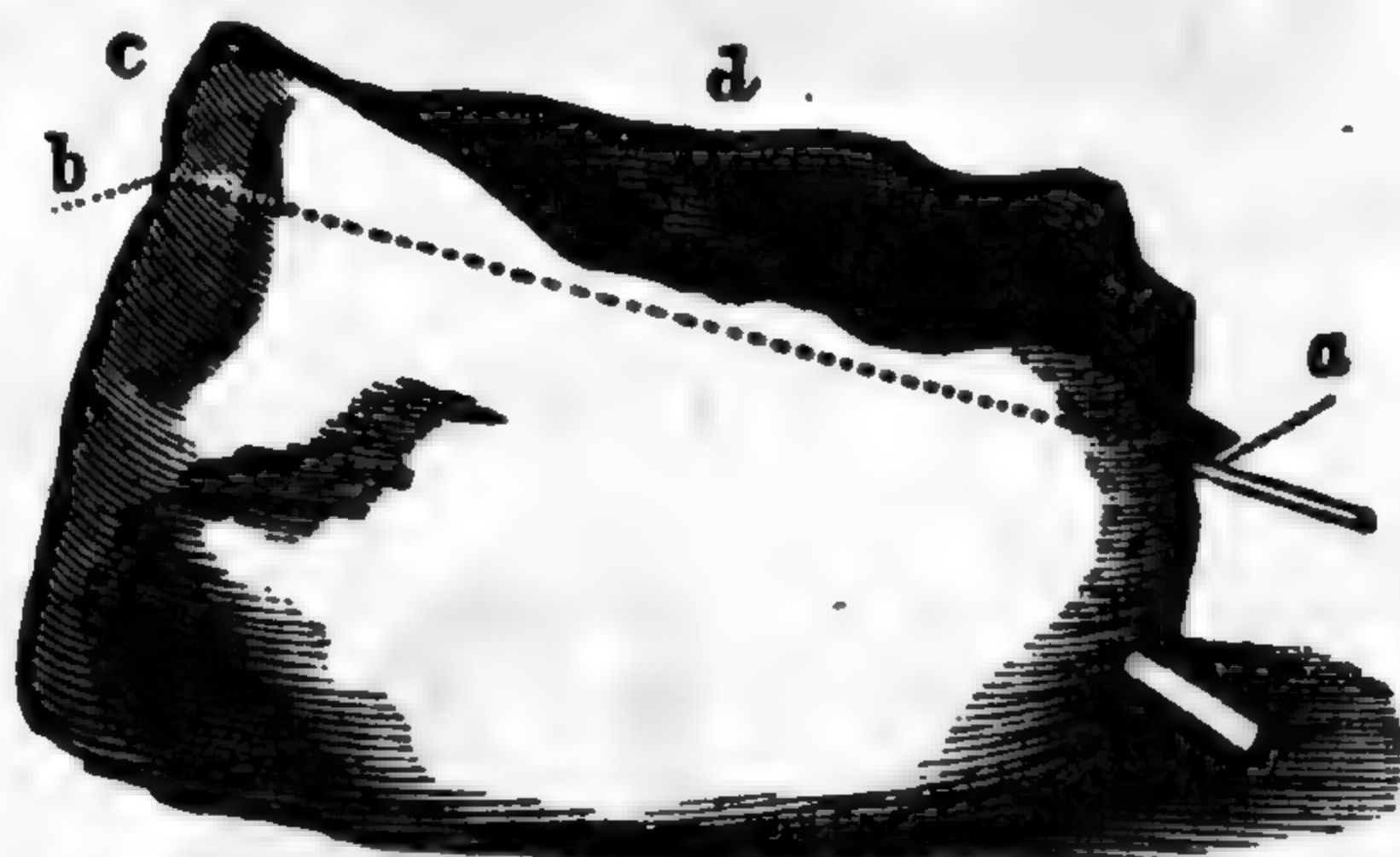
1. *Sirloin of Beef.*

This may be begun at either end, or by cutting in the middle. It is usual to inquire whether the outside or inside is preferred. For the outside, the slice should be cut down to the bones, and the same with every following helping.

Slice the inside likewise, and give with each piece some of the soft fat. The inside, done in the following manner, is excellent: Have ready some chalot vinegar, boiling hot; mince the meat large, and a good deal of the fat; sprinkle it with salt, and pour the vinegar and the gravy on it. Help with a spoon, as quick as possible, on hot plates.

2. *Aitch, or Edgebone, of beef.*

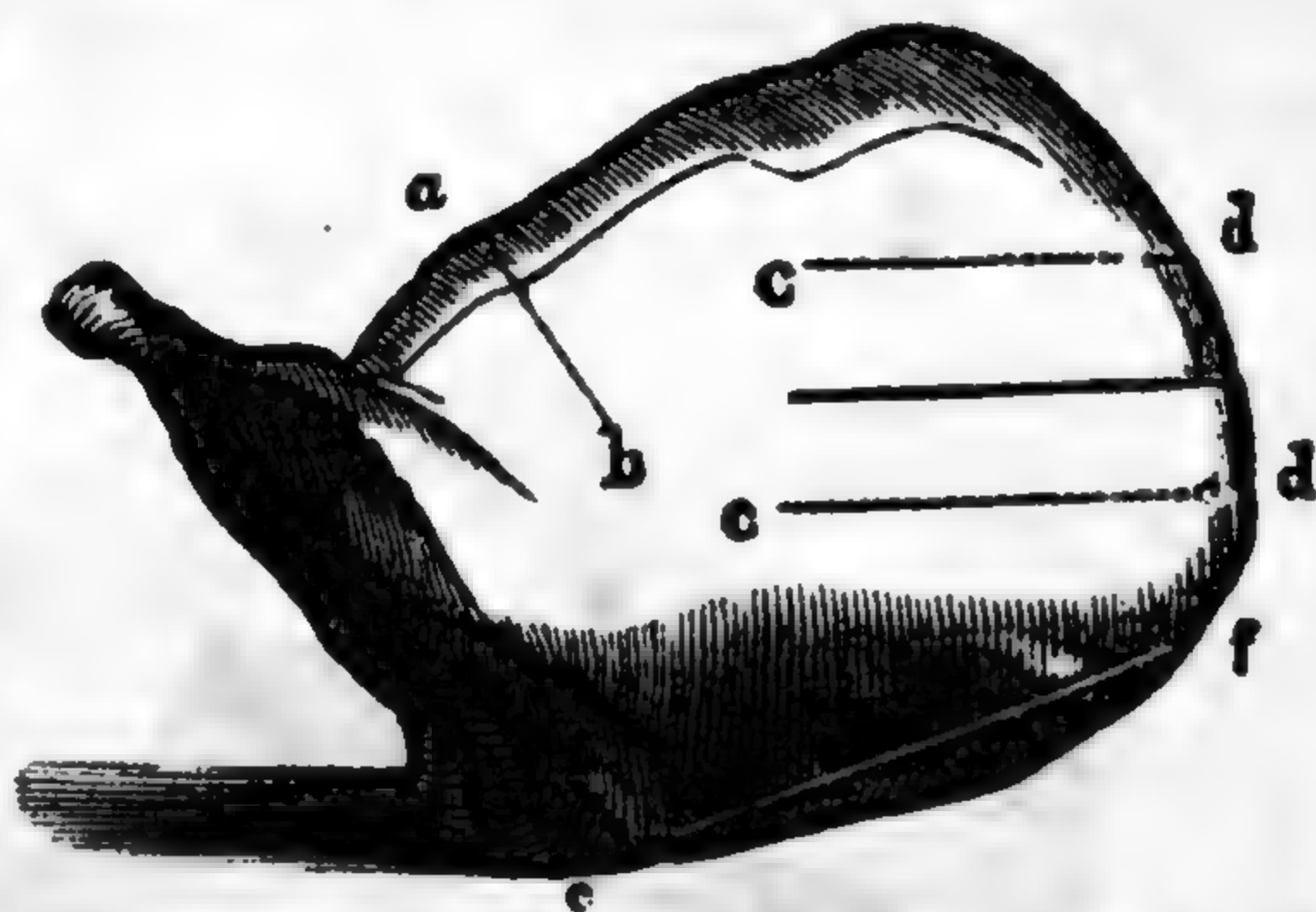
Cut off a slice, an inch thick, all the length from *a* to *b*, and then help. The soft fat, which resembles marrow, lies at the back of the bone. below *d*—the firm fat must be cut in horizontal slices at the edge of the



meat *c*. The skewer used in keeping the meat together while boiling, is shown at *a*, which should be drawn out before served up; or, if necessary to leave it in, place instead one of silver.

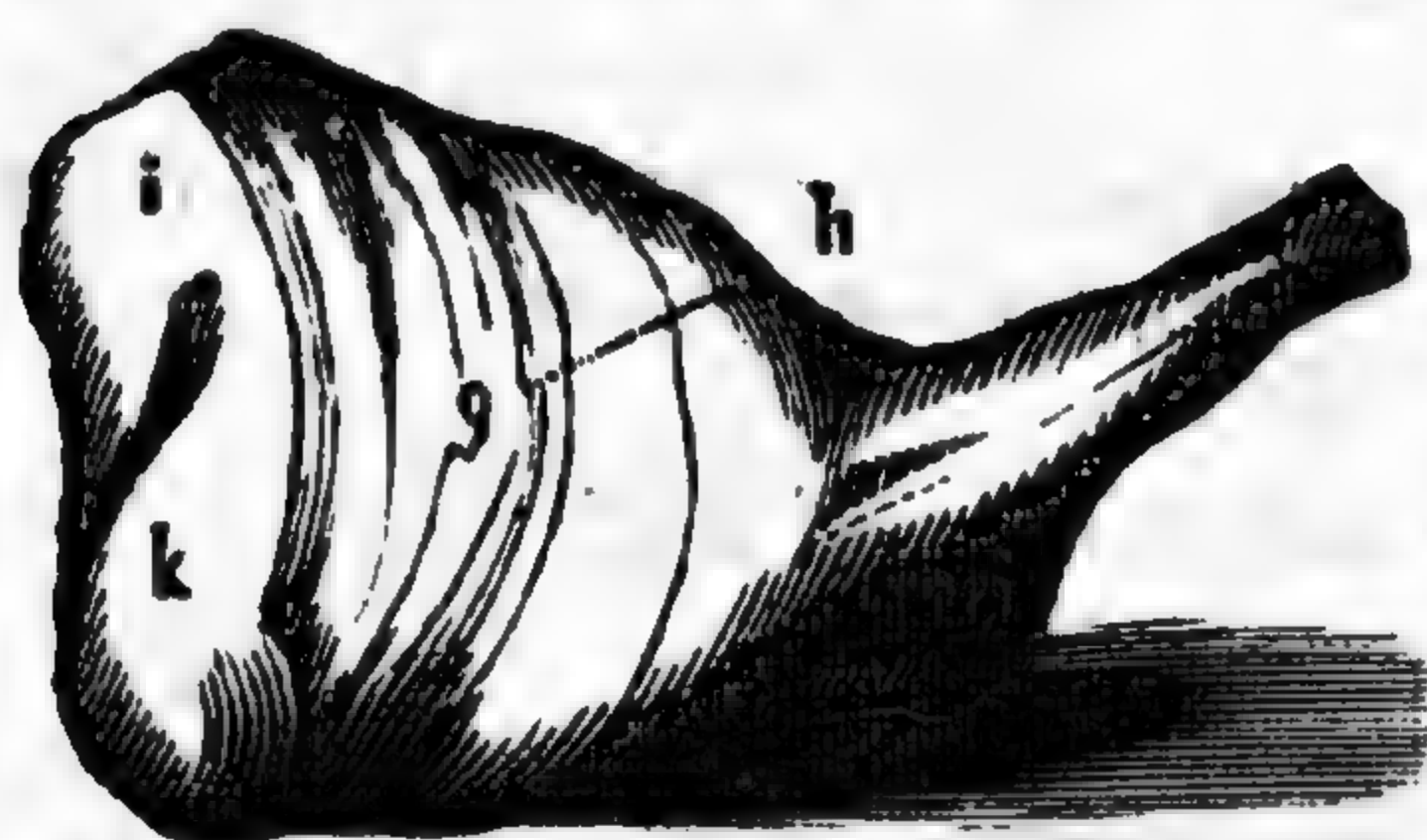
3. *Shoulder of Mutton.*

This is a very good joint, and by many preferred to the leg; for, if properly roasted, it abounds in gravy, and produces many nice bits. The figure annexed represents it as laid in the dish, with its back uppermost. It should first be



cut in the hollow part, in the direction *a, b*, and the knife passed deep to the bone. The best part of the fat lies on the outer edge, and it is to be cut out in thin slices, in the direction *f*. If many are at the table, and the hollow part cut in the line *a, b*, is eaten, some very good and delicate slices may be cut out on each side the ridge of the blade bone, in the direction *c, d*. The line between these two

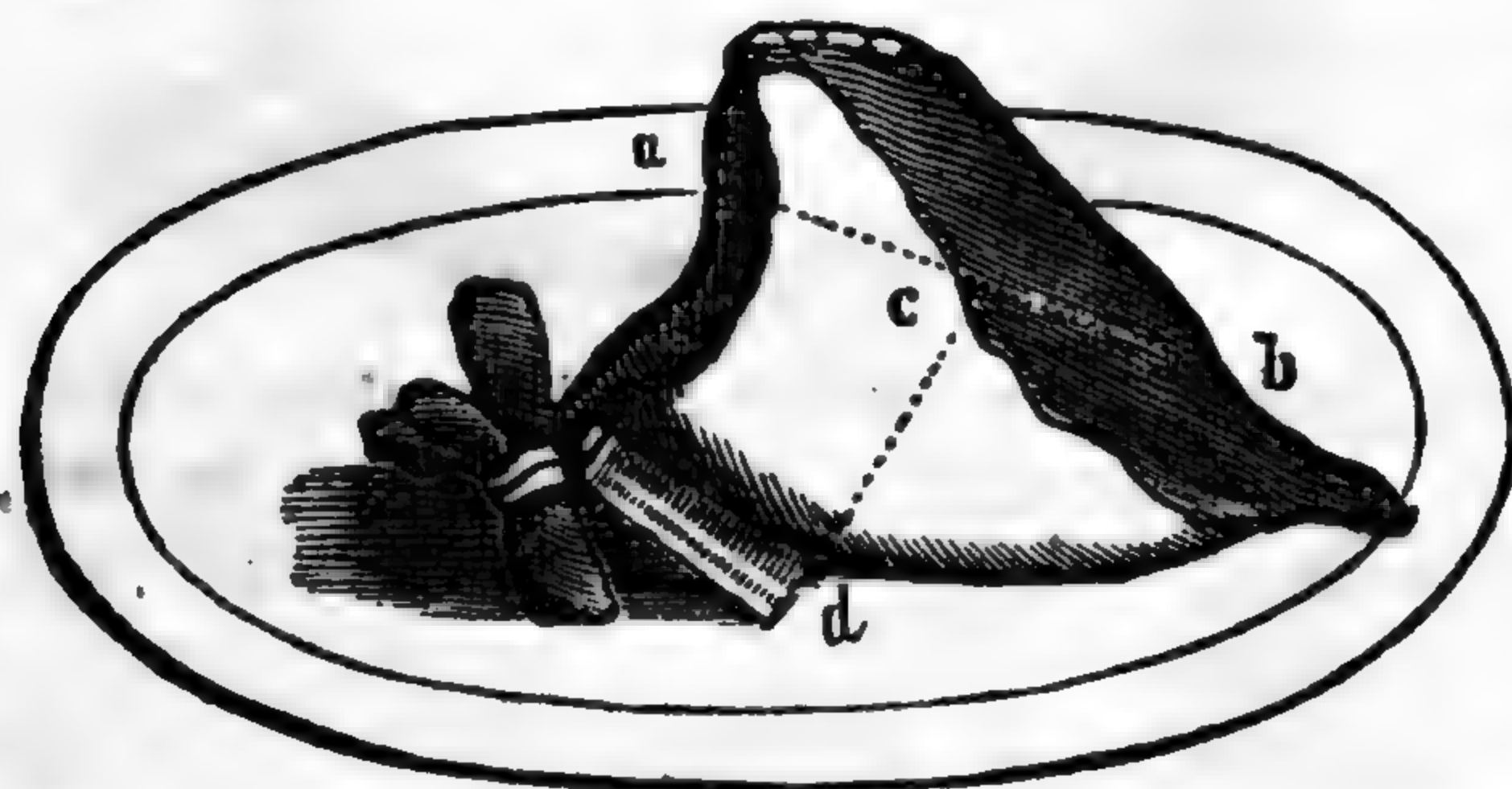
dotted lines is that in the direction of which the edge or ridge of the blade bone lies, and cannot be cut across



It is necessary to wind writing paper around the shank, as in the leg, provided you wish to handle it. The side of the shoulder has two cuts abounding in gravy. The part in the direction *i, k*, is lean; the

other, *g, h*, is very fat.

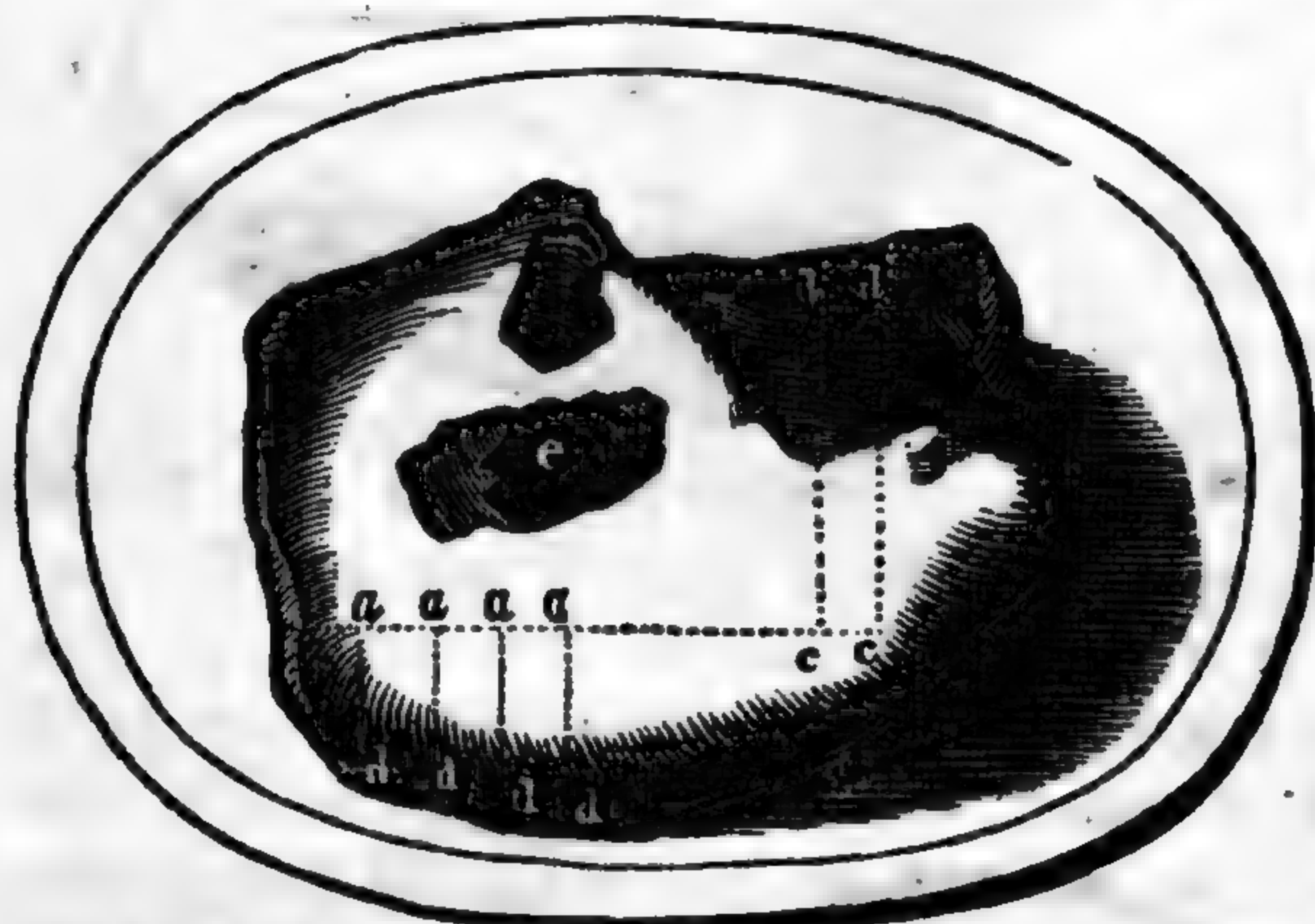
4. *Knuckle of Veal.*



A knuckle of veal cuts in neat slices only in one direction, viz.: From *a* to *b*. The line *d, c*, divides two bones, which it is necessary to separate in order to

get at the best marrowy fat portion; also cut asunder the knuckle bones.

5. *Roasted Breast of Veal.*

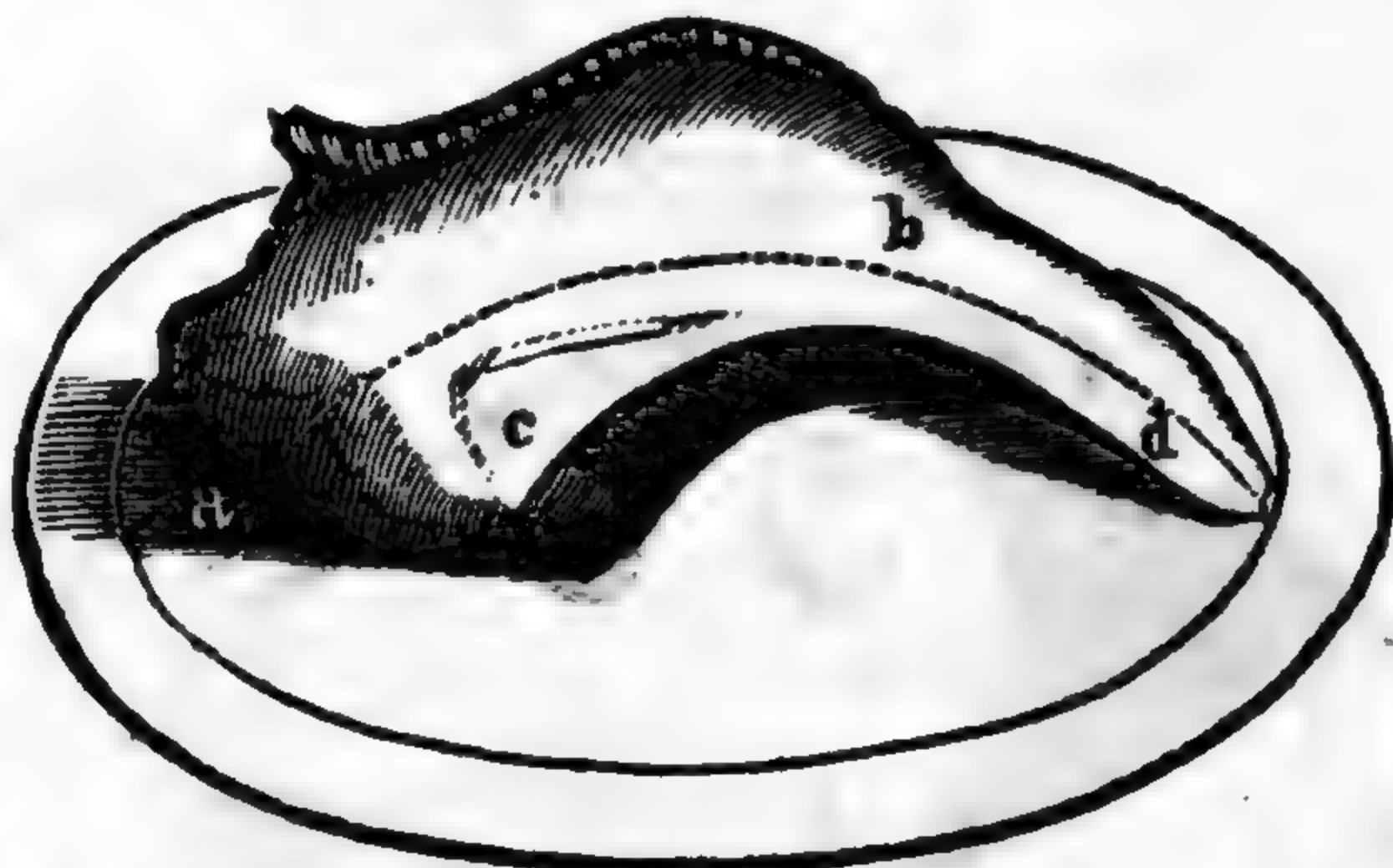


Cut to the left on the first line *d, c*; then cross from *c* to the most distant *a*. The lines *a, d, a, d, &c.*, represent the directions in which the brisket, or gristly part should be divided; *d, c*, show the course of the

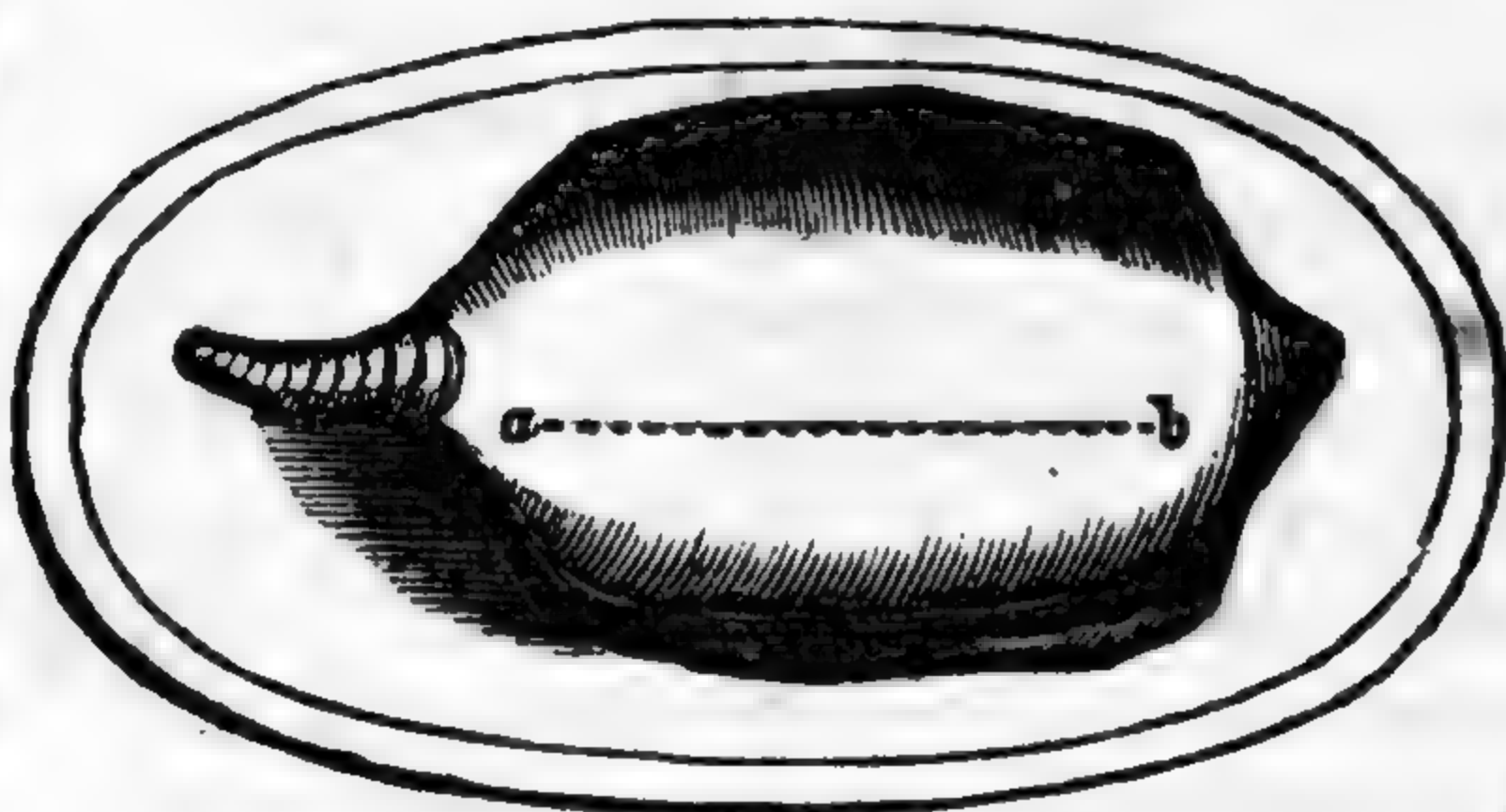
ribs and *e* is the sweetbread.

6. *A Spare Rib.*

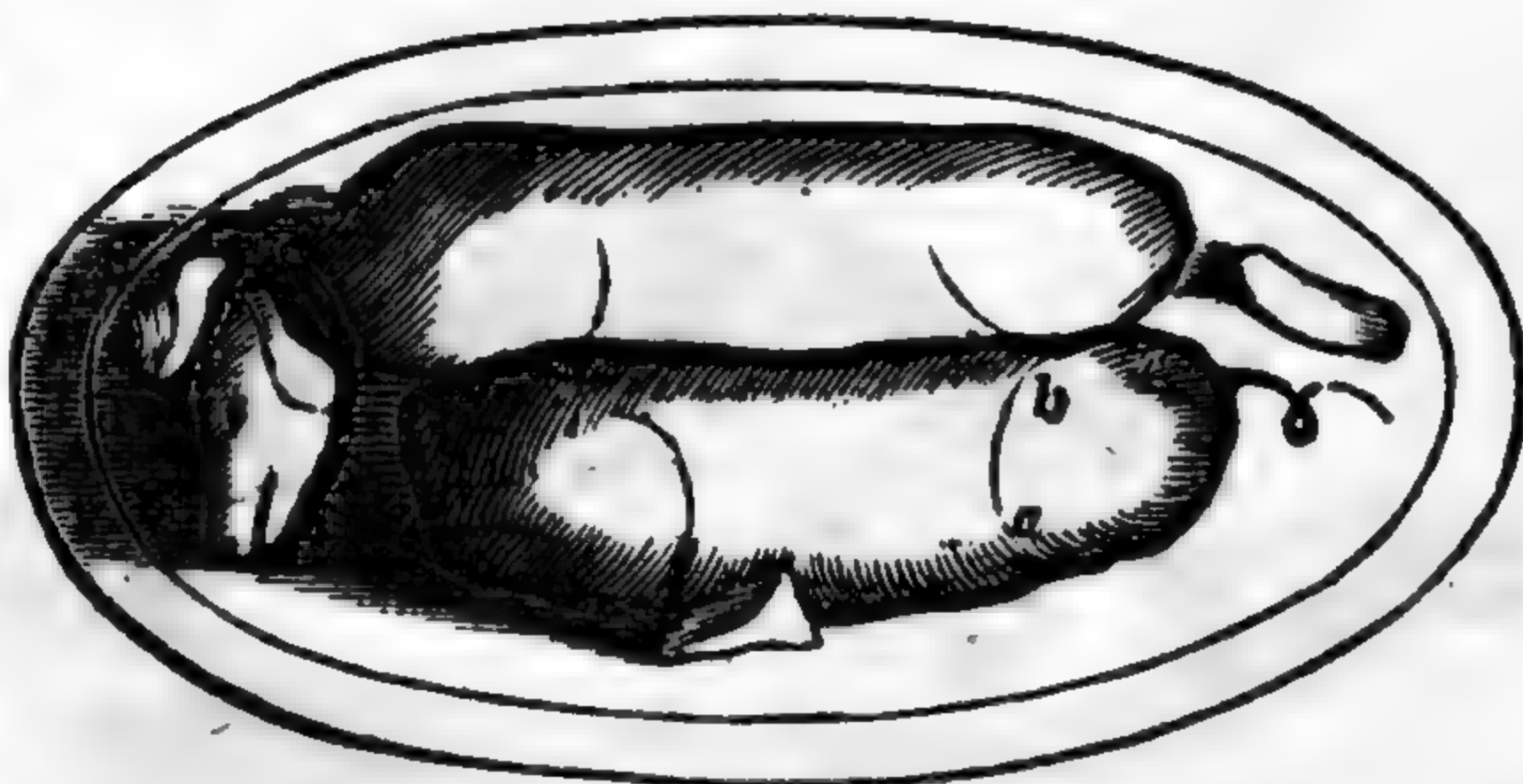
Cut out first a slice from the fleshy portion, following the line *a, b*. This will give a due proportion of fat and lean. After this part is taken away, the bone lying in the direction *d, b, c*, should be separated, breaking it off at the joint, *c*.

7. *Saddle of Mutton*

Cut long thin slices from the tail to the end, viz: From *a* to *b*, beginning close to the back-bone. If a large joint, the slice may be divided. Cut some fat from the sides.

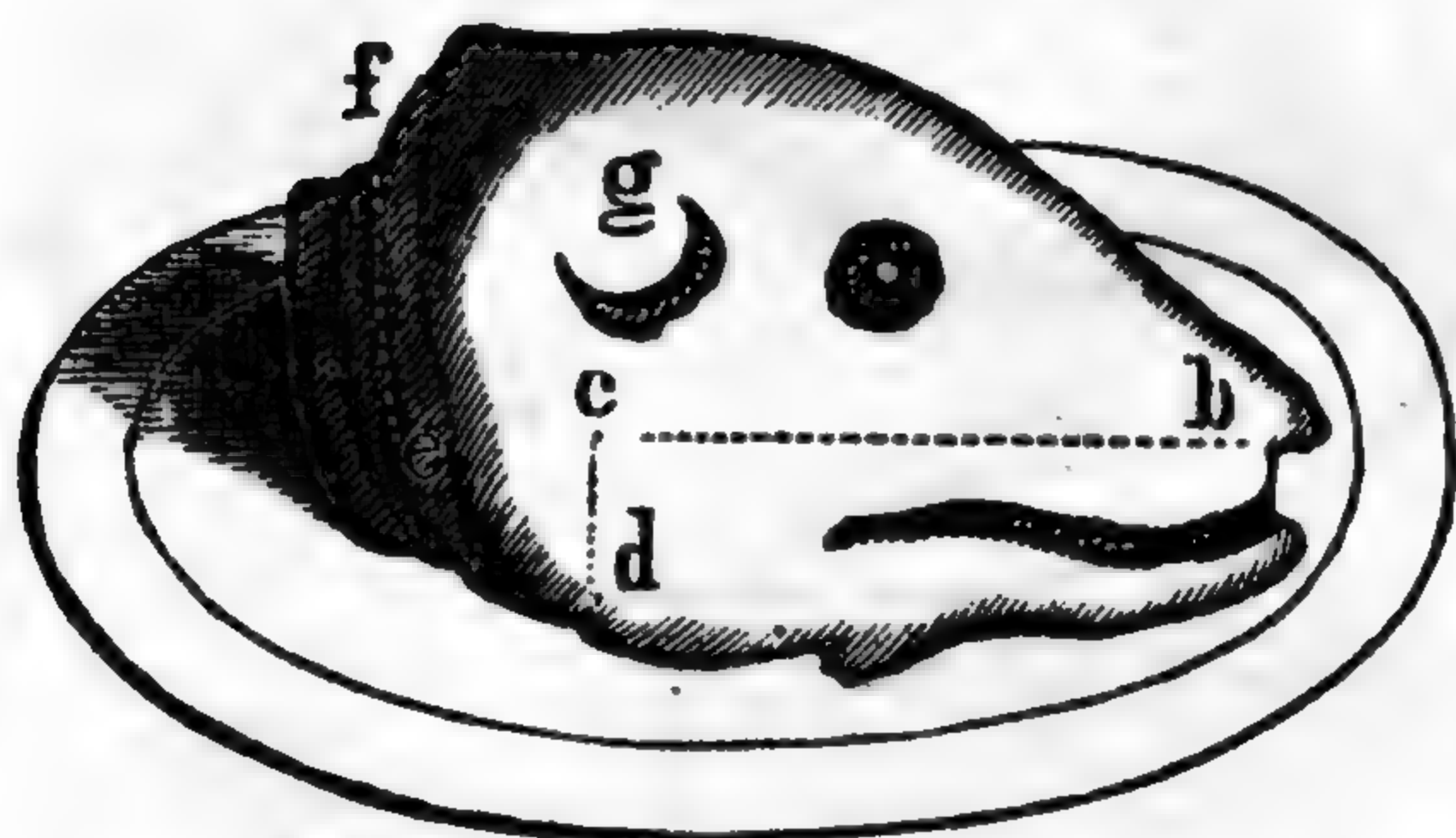
8. *Pig.*

The cook usually divides the body before it is sent to the table, and garnishes the dish with the jaws and ears. The first thing is to separate the shoulder from the carcass on one side, and then the leg, according to the direction given by the dotted line *a, b, c*. The ribs are then to be divided into about two helpings, and an ear or jaw presented with them, and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The



ribs are reckoned the finest part, but some people prefer the neck and between the shoulders.

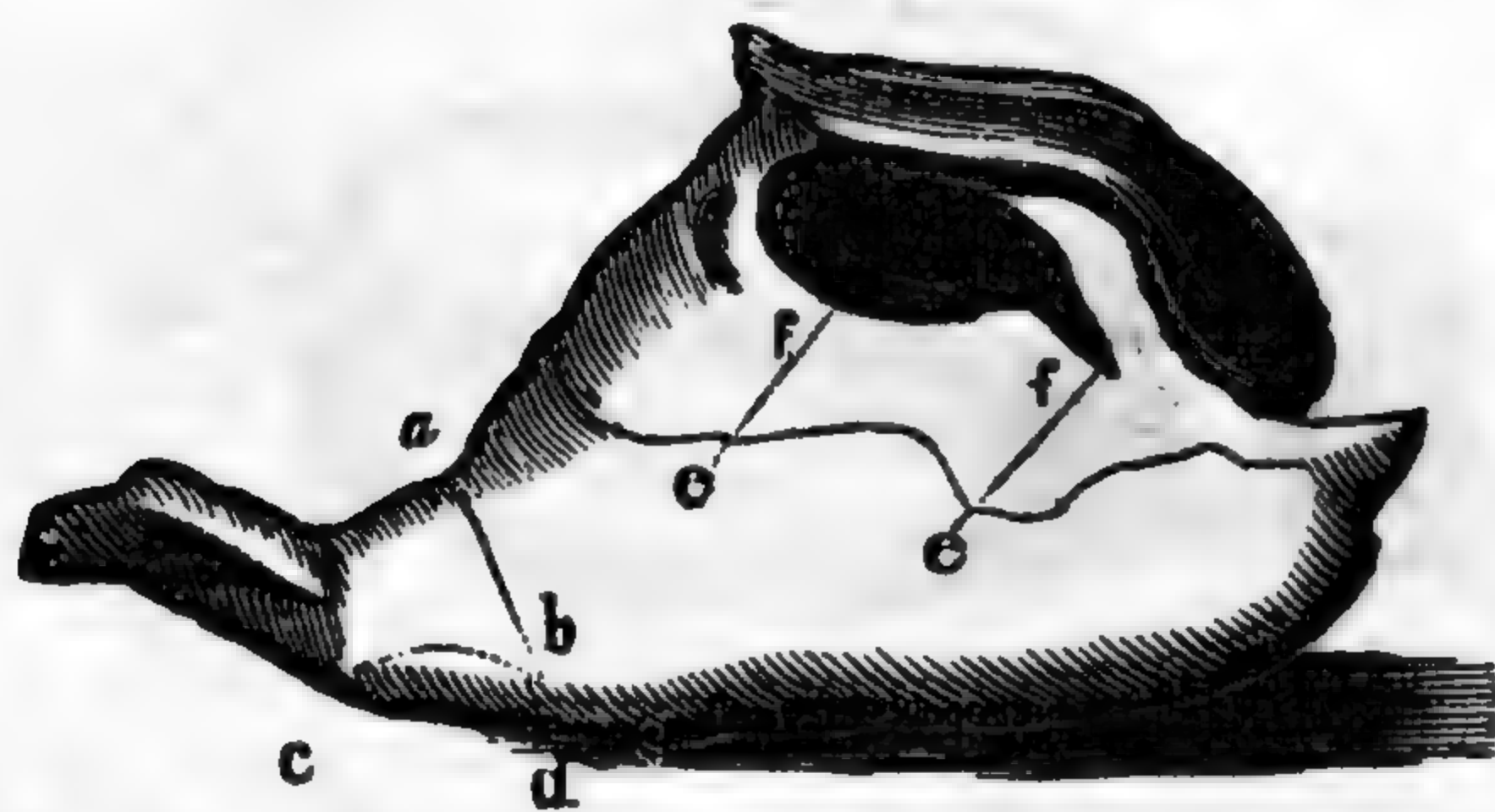
9. *Half a Calf's Head, boiled.*



Be careful and get a young one, as they look much handsomer served up, and besides are more tender. First cut in the direction *c, b*. The throat bread is considered the choicest

part; it lies in the fleshy portion, near the termination of the jaw bone, and the line *c, d*, shows the direction to cut into it. On the under part of the lower jaw there is some very nice meat; and about the ear *g*, some fat, rather gristly, but highly esteemed. The part near the neck is very inferior. Sometimes the bone in the line *f, e*, is cut off, but this is a coarse part. The sweet tooth is quite a delicacy—it lies back of all the rest, and, in a young calf, is easily extracted with the knife. Many like the eye, which you must cut out with the point of your knife, and divide in two. Under the head is the palate, which is reckoned a nicety.

10. *Leg of Mutton.*



A leg of wether mutton (which is best flavored) may be known at the market by a round lump of fat at the edge of the broadest part, a little above the letter *a*. The

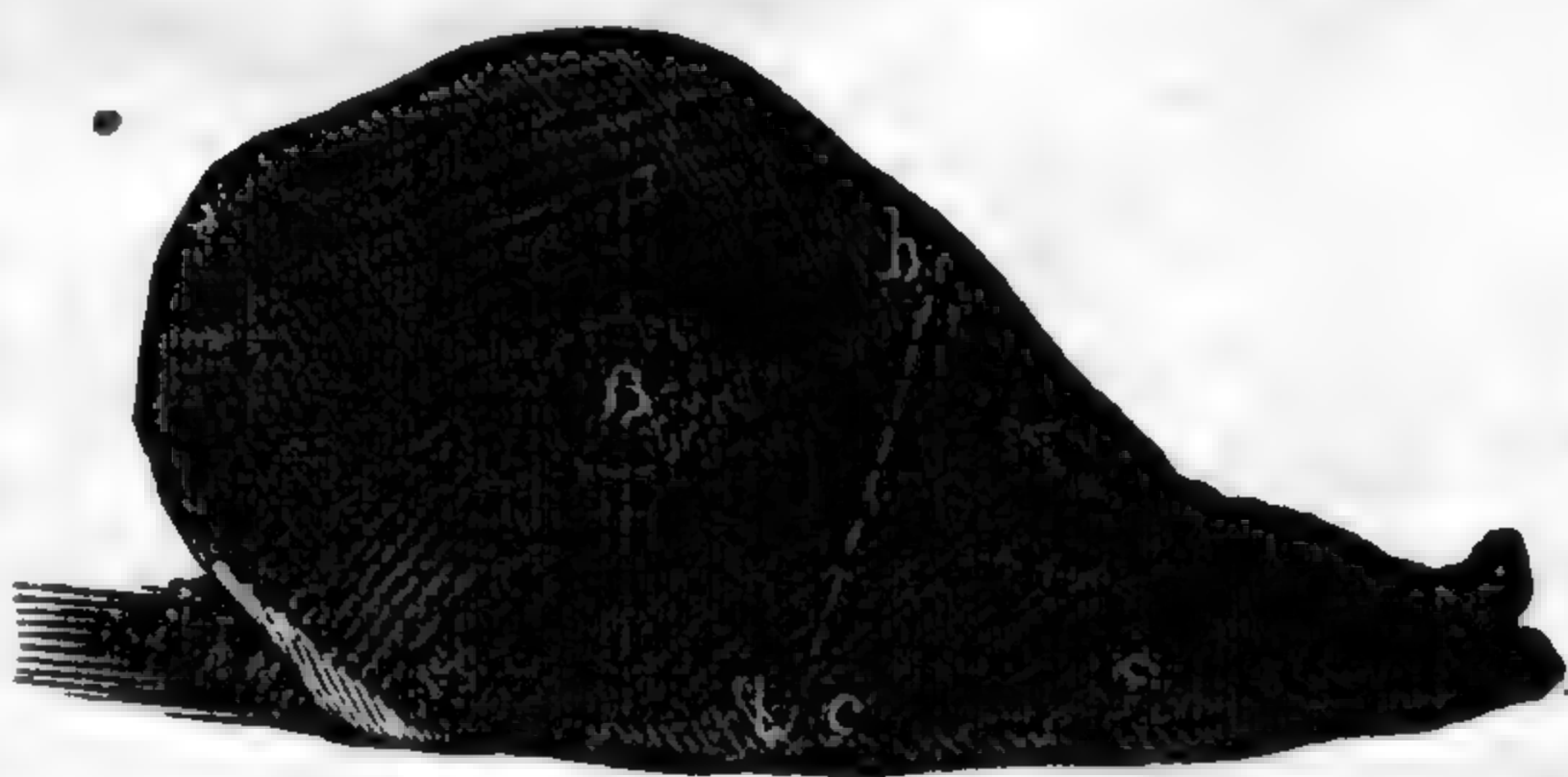
best part is midway between the knuckle and further end. Begin to help there, by cutting thin slices to *b*. If the outside is not fat enough, help some from the side at the broad end, in slices from *e* to *f*. This part is most juicy, but many prefer the knuckle, which, in fine mutton, will be very tender,

though dry. There are very fine slices in the back of the leg—turn it up, and cut the broad end, not in the directions you did the other side, but lengthwise. To cut out the cramp-bone, take hold of the shank (which should be previously wound round with half a sheet of foolscap paper) with your left hand, and cut down to the thigh-bone at *g*, then pass the knife under the cramp-bone, in the direction *g, d*.

11. *Ham.*

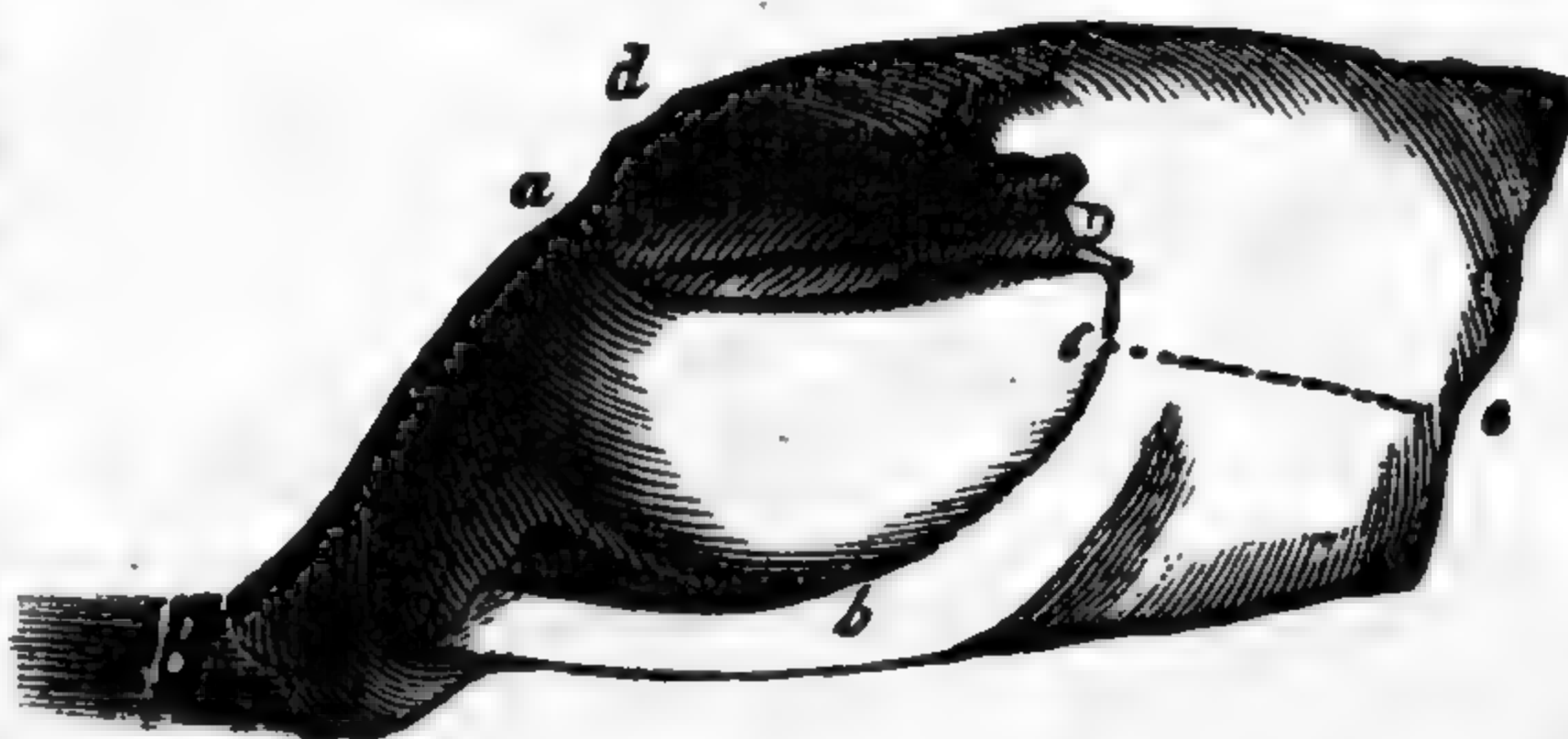
Ham may be cut three ways; the common method is to begin in the middle, by long slices from *b* to *;*, from the centre, through the thick fat.

This brings to the prime at first, which is likewise accomplished by cutting a small round hole on the top of the ham, as at *a*, and with a sharp knife enlarging that, by cutting successive thin circles—this preserves the gravy, and keeps the meat moist. The last, and most saving way, is to begin at the hock end, (which many are most fond of,) and proceed onward. Ham that is used for pies, &c., should be cut from the under side.

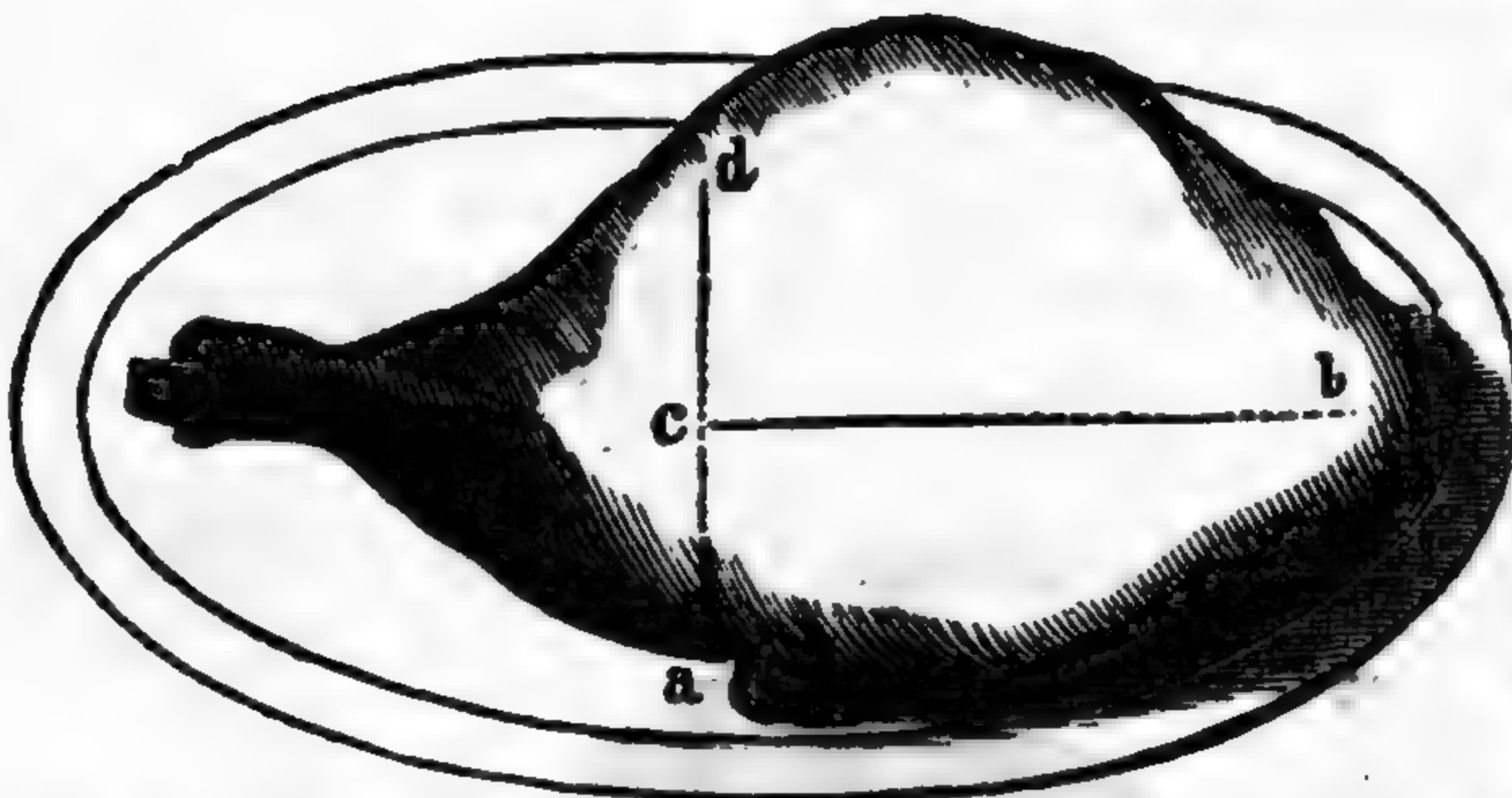


12. *Fore Quarter of Lamb.*

Separate the shoulder from the breast and ribs, by passing the knife under, in the direction of *a, b, c*, and *d*. Be careful to keep it towards



you horizontally, to prevent cutting the meat too much off the bones. If grass lamb, the shoulder being large, put it into another dish. Squeeze the juice of half a Seville orange or lemon on the other part, and sprinkle a little salt and pepper; then separate the gristly part from the ribs, in the line *e, c*, and help either from that or from the ribs, as may be chosen.

13. *Haunch of Venison.*

First cut it down to the bone, in the line *d, c, a*, then turn the dish with the end *a* towards you; put in the point of the knife at *c*, and cut it down as deep as

you can in the direction *c, b*. Thus cut, you may take out as many slices as you please, on the right or left. As the fat lies deeper on the left, between *b* and *a*, to those who are fond of fat, as most venison-eaters are, the best flavored and fattest slices will be found on the left of the line *c, b*, supposing the end *a* turned towards you. Slices of venison should not be cut too thick nor too thin, and plenty of gravy given with them.

14. *Round of Beef.*

This is cut in the same way as a fillet of veal. It should be kept even all over. When helping the fat, be careful not to hack it, but cut it smooth. A deep slice should be taken off before you begin to help, as directed in the edge-bone.

15. *Brisket of Beef.*

This must be cut lengthwise, quite down to the bone, after separating the outside or first slice, which must be cut pretty thick.

16. *Leg of Pork.*

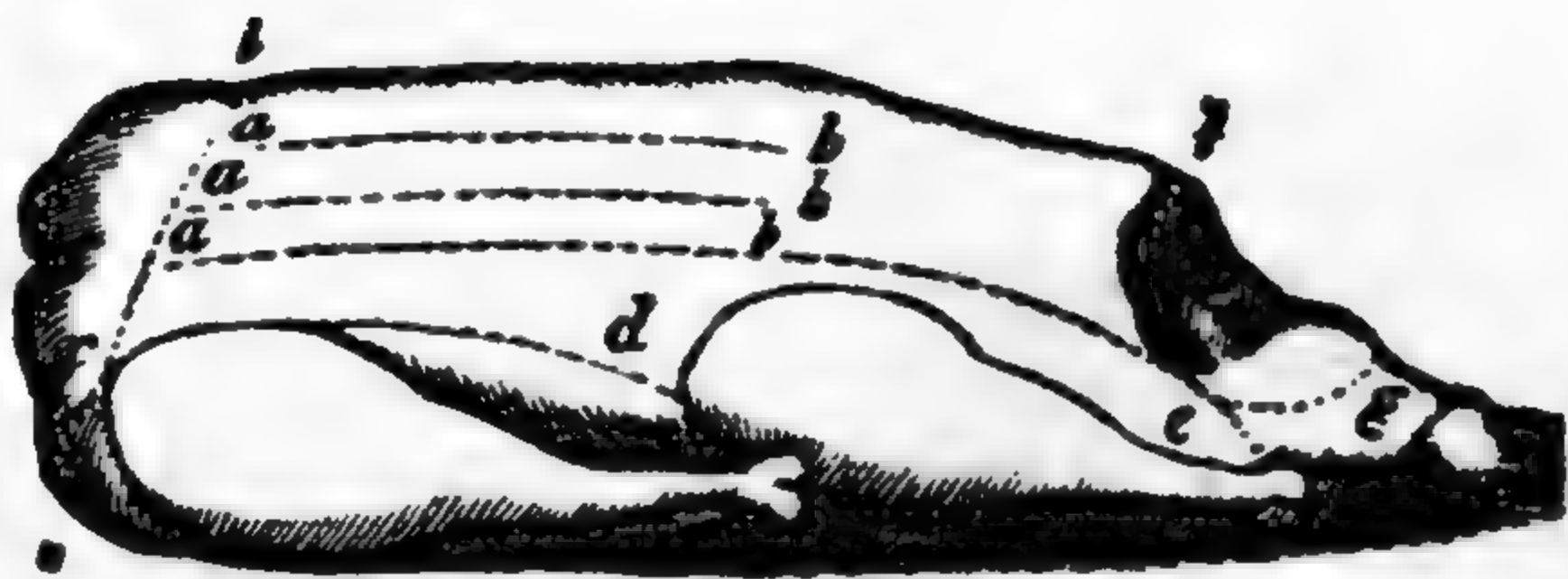
This joint is sent to the table, whether boiled or roasted, as a leg of mutton roasted, and cut up in the same manner. The close, firm flesh about the knuckle is by many reckoned best.

17. *Haunch of Mutton.*

This is formed by the leg and part of the loin, cut so as to resemble a haunch of venison, and is to be helped at table in the same manner.

18. *Goose.*

Turn the neck end of the goose towards you, and cut the whole breast in slices on each side of the bird, but only remove them as you

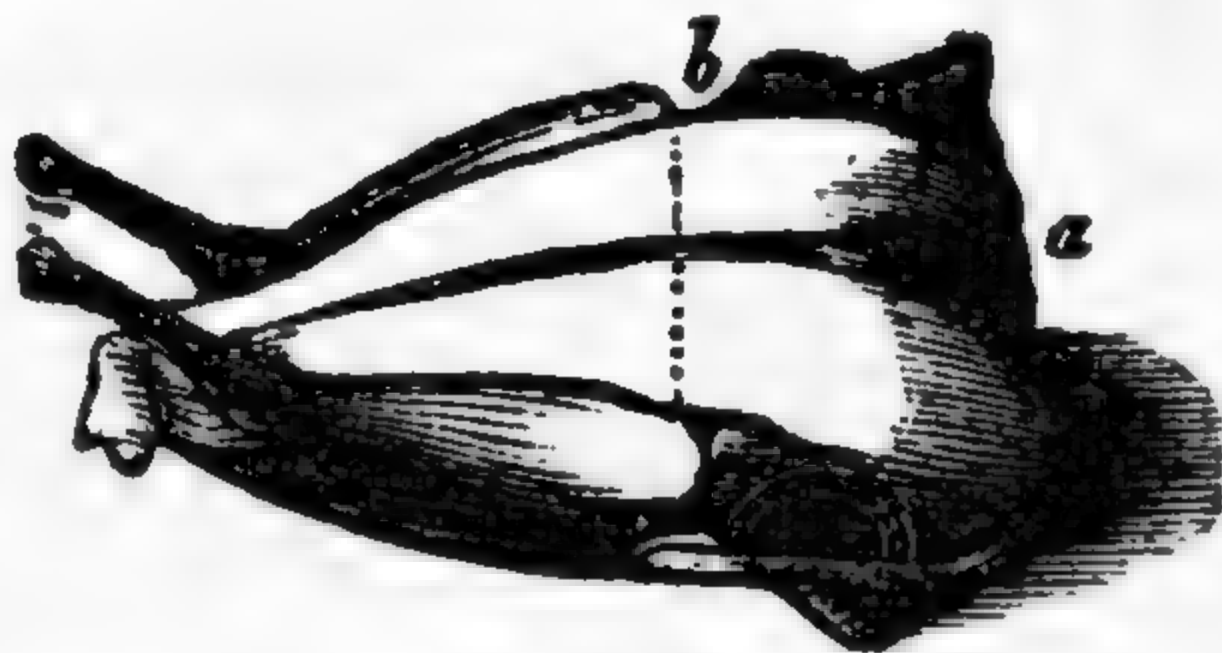


help each person, unless the company is so large as to require the legs likewise. Turn the goose on one side, and then take off the leg by putting the fork into the small end of the leg bone, pressing it close to the body; and, having passed the knife in the line *e, d*, turn the leg back, and, if a young bird, it will easily separate.

To take off the wing, put your fork into the small end of the pinion, and press it close to the body; then put in the knife at *c*, and divide the joint, taking it down in the direction *c, d*. Nothing but *practice* will enable people to hit the joint exactly at the first trial. When the leg and wing of one side are done, go on to the other; cut off the apron in the line *f, e, g*, then take off the merry-thought in the line *o, i*. The neck-bones are next to be separated as in a fowl, and all other parts divided the same.

19. *A Fowl.*

A boiled fowl's legs are bent inwards, but before it is served, the skewers are to be removed. Lay the fowl on your plate, and place the joints as cut off on the dish. Take the wing off, in the direction of *a* to *b*, in the annexed engraving, only divid-



ing the joint with your knife; and then, with your fork, lift up the pinion, and draw the wings towards the legs, and the muscles will separate in a more complete form than if cut. Slip the knife between the leg and body, and cut to the bone; then, with the fork, turn the leg back, and, if the bird is not old, the joint will give way. When the four quarters are

thus removed, take off the merry-thought from *a*, and the neck-bones, these last by putting in the knife at *c*, and pressing it under the long broad part of the bone, in the line *c*, *b*: then lift it up, and break it off from the part that sticks to the breast. The next thing is to divide the breast from the carcass, by cutting through the tender ribs, close to the breast, quite down to the end of the fowl; lay the back up, put your knife into the bone, half way from the neck to the rump, and on raising the lower part, it will readily separate. Turn the neck towards you, and very neatly take off the two sidesmen, and the whole will be done. As each part is taken off, it should be turned neatly on the dish, and care should be taken that what is left should go properly from the table. The breast and wings are looked upon as the best parts, but the legs are most juicy in young fowls. After all, more advantage will be gained by observing those who carve well, and a little practice, than by any written directions whatever.

20. *Partridge.*

This bird is cut up in the same way as a fowl. The best parts are the wings, breast, and merry-thought; but the bird being small, the two latter are not often divided. The wing is considered the best, and the tip is reckoned the most delicate morsel of the whole.

21. *Pigeons.*

Pigeons are considered very fine eating. It is usual to cut them in halves, either from top to bottom, or across. The lower part is generally thought best.

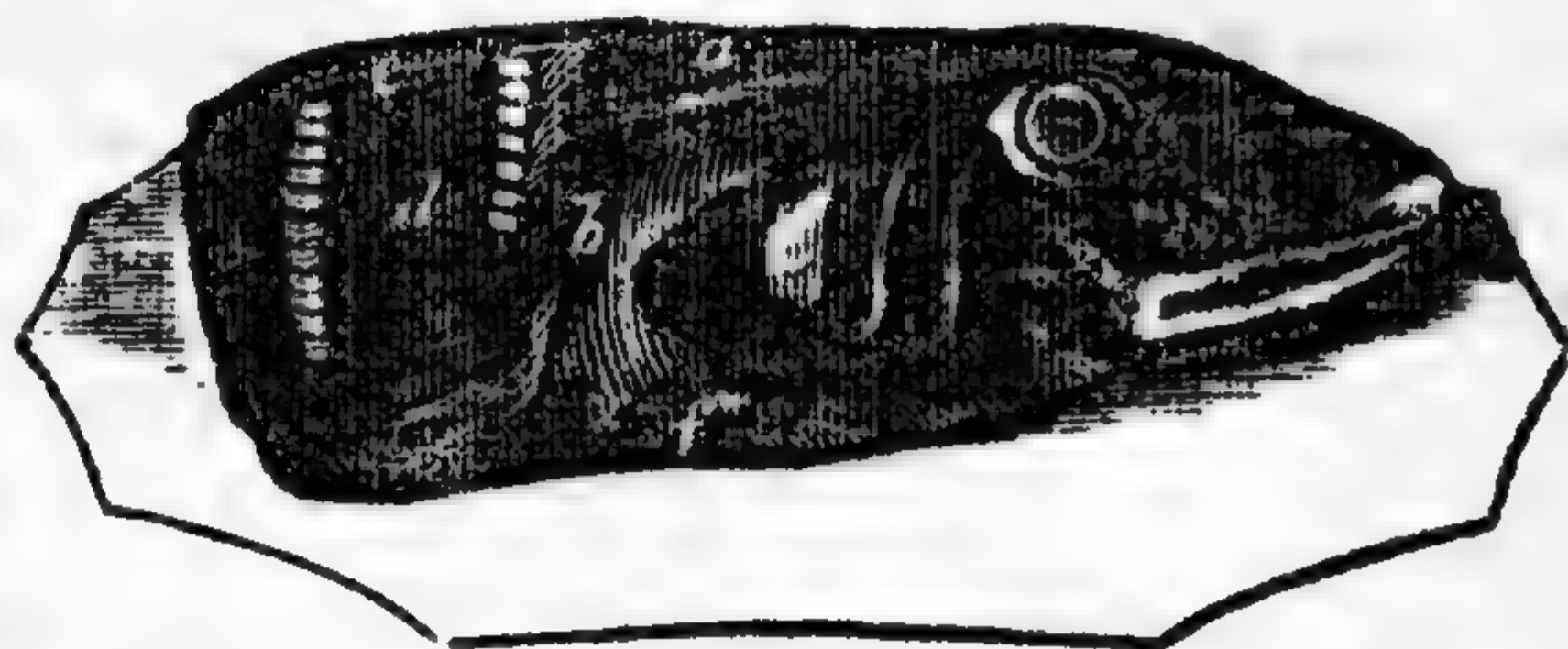
22. *Turkey.*

Fix your fork firmly in the lower part of the breast, so as to have full command of the turkey. Slice down on each side of the centre of the breast, two or three lines lengthwise with the body; then take off the leg on one side, holding the knife in a sloping direction, the point turned towards the end of the body. This done, cut off the wing on the same side, in a line nearly parallel with the length of the turkey. When you have thus separated the wings and legs, take off from the breast-bone the parts you before sliced down. Be

very attentive, in separating the wing, not to cut too near the neck, or you will find yourself interrupted by the neck bone, from which the wing must be taken.

23. *Cod's Head.*

Fish, in general, requires very little carving, the fleshy parts being those principally esteemed. A cod's head and shoulders, when



in season and properly boiled, is a very genteel and handsome dish. When cut, it should be done with a fish trowel; the parts about the back bone, or the shoulders, are by far the firmest and best. Take off a piece quite down to the bone, in the direction *a, b, c, d*, putting in the spoon at *a, c* and with each slice of the fish give a piece of the round, which lies underneath the back-bone, and lines it, the meat of which is thin, and a little darker colored than the body of the fish itself. This may be got by passing a spoon under it, in the direction *d, f*. About the head are many delicate parts, and a great deal of the jelly kind. The jelly part lies about the jaw bone, and the firm parts within the head. Some are fond of the palate, and others the tongue, which likewise may be got by putting a spoon into the mouth

ADDENDA.

HOW TO CAN FRUITS,

1. *General Directions.*—Fruit for canning *should be fresh* and not very ripe. If too ripe it loses greatly in bulk and is not so economical, for much of it turns to juice.

One method of preparing the fruit is to boil it till tender, with a small quantity of water if of a dry, hard kind, like pears or quinces. Fruit that is juicy of the berry kind is best without any water. Let them remain (after preparing for preserving) until the juice runs freely, then set them where they will simmer gently for eight or ten minutes, having only a small quantity at once in the preserving kettle. Fruit has a better flavor, and is more likely to keep well, if preserved with a small quantity of sugar. Heat your cans and fill them brimming full with the fruit as soon as preserved, not allowing it to cool; close each one and seal up tight as soon as it is filled. The self sealing cans—those with India Rubber bands—are the most convenient; if others are used, have your sealing wax melted so as to seal up the cans as soon as filled, it should be put round where the covers fit into the cans. When wide mouthed bottles are used cork up tight, then dip the mouth into the sealing wax. Very acid fruit should be kept in glass or china utensils. Tin cans will answer for other kinds of fruit; they can be used for several successive years if thoroughly cleansed, dried and kept in a dry place, so that they will not rust. Two kinds of tin are used in the making of cans—Charcoal tin, and Coke tin. In the first *Charcoal*, and in the second *Coke* is used in the manufacture of the sheet iron. Cans made from Coke tin will not last over one or two seasons; those from Charcoal tin from seven to ten years. The latter costs about one third the most.

Great care should be taken in canning fruit and vegetables to *exclude the air perfectly*, otherwise fermentation will soon take place. This indeed is the grand secret of successful canning. Whenever a can is opened it will be necessary to eat the fruit in the course of a few hours, without it is scalded over with a little additional sugar.

2. *To Can Peaches.*—Take those that are fresh, ripe and free from bruise, pare and halve, (if quite large quarter) them, rinse as you pare them in a bowl of cold water to keep them from turning of a dark color. Weigh the peaches, and for each pound allow quarter of a lb of white sugar, mix them in alternate layers and let the whole remain for a couple of hours. Then turn off the syrup into a preserving kettle and part of the

peaches, then set the kettle on a moderate fire. When they have boiled for eight or ten minutes fill your hot cans with the peaches, then turn on sufficient of the syrup to cover the peaches and to fill the cans as full as possible; close and seal up each one as soon as filled. Preserve the remainder of the peaches in the syrup; if there should not be sufficient of it for the whole, a little sugar and a small quantity of water may be added. Another method of canning peaches is to make syrup of the sugar with a small quantity of water, boil it for a few minutes, then put in the peaches, a small quantity at one time—let them boil ten minutes. They are not quite so rich done in the latter manner.

3. *To Can Quinces and Pears.*—Procure fruit that is ripe, pare, halve and quarter them, removing the cores, rinse them in cold water when pared to keep them from turning a dark color. Weigh the fruit and allow for each pound six ounces of white sugar. If the pears are of a sweet kind a quarter of a pound of sugar to a pound of them will be sufficient. Put a layer of the fruit in a preserving kettle, then a layer of sugar, and so on until the kettle is half full; then turn on sufficient cold water to cover them. Boil until the fruit is tender, then fill the cans according to the general directions given for canning. *Quinces* are very nice preserved in the above manner, using double the quantity of sugar without being put into cans—they look nicer if only halved.

4. *To Can Pine-Apples.*—Take those that are quite ripe, but free from decay, pare and cut into small pieces leaving out the hard center. Mix fine white sugar with the pine-apple in the proportion of six ounces to a pound of the apple; let the whole remain for a couple of hours to have the juice run freely to form a syrup. Boil the whole over a moderate fire, adding a small quantity of water if there is a deficiency of syrup. As soon as tender fill glass jars or wide mouthed bottles with the fruit and seal them up immediately.

5. *Plums and Cherries.*—Plums should be gashed with a pin to the stone to prevent their bursting when boiled. Make a syrup of white sugar with a little water, allowing half a pound of the sugar to each pound of fruit. Boil the syrup for a few minutes, then remove from the fire to get lukewarm previous to putting in the plums; boil the fruit slowly until tender. Cherries should have the stems and pits removed: the latter is done by pressing each one. Make a syrup in the same manner as for plums; the cherries may be put into the syrup without cooling it. Let the cherries simmer gently for six or eight minutes.

Put them up in heated glass or china jars which can be sealed up tight, have the fruit scalding hot when put in.

6. *To Can Strawberries.*—Hull berries which are fresh and not so ripe as to be soft. For each pound of them take six ounces of white sugar free from lumps, and to each layer of berries put a layer of sugar; let the whole remain for a couple of hours to have the juice form a syrup with the sugar. Then boil them on a moderate fire for eight or ten minutes. If you have a large quantity of Strawberries preserve only part of them at one time, as they will not do nicely if crowded in the preserving kettle. Wide mouthed bottles are nice for strawberries, the air can be excluded so well by corking tight and sealing up. The fruit and bottles should be hot when put in.

7. *To Can Vegetables.*—Green Corn, Peas, Beans and Tomatoes can be kept for a year or longer period if properly prepared and kept air tight in tin cans. Procure vegetables that are perfectly fresh and in their prime; boil them as for immediate eating with a little salt. Tomatoes should lie in scalding water until the skins can be taken off easily. When skinned stir them slowly with a little salt. They will do to put in the cans after half an hour's cooking, but will be less liquid and better if stewed for an hour.

Table Receipts, principally Puddings, Pies, Cakes and favorite Delicacies for Dessert.

8. *Superior Corn Bread.*—One quart of boiled milk; 1 pint of Indian meal. When cold, add 1 teaspoonful of salt, the beaten yolks of 5 eggs. Add the whites whipped to a froth, just before the bread goes into the oven.

9. *Ham Toast.*—Grate lean, cold boiled ham, mix some beaten yolks of eggs with a little cream and thicken it with the grated ham. Then put the mixture into a sauce pan over the fire and let it simmer a while. Have ready some slices of nicely toasted, well buttered bread, all the crusts being pared off. Spread it over thickly with the hard mixture and send it to the table warm.

10. *Soda Crackers.*—Rub together 14 cups of sifted wheat flour, 1 cup of lard, a teaspoonful of salt. Dissolve 2 teaspoonful of soda in three cups of cold water, and strain in; when well mixed add 4 teaspoonful of cream of tartar, work thoroughly, roll out and cut into small cakes; bake on buttered tins in a quick oven.

11. *To Pot Beef.*—Take nicely boiled and roasted beef which is not overdone, cut off all the hard outside, pound it very fine

in a mortar with a little melted butter, season it highly with salt, black pepper, mace and cloves; press it down tight in pots cover with clarified butter. Set the pots in a dry, cool place. Meat prepared in the above manner can be kept for several weeks; cut into slices; it makes a nice relish.

12. *Dumplings for Soups*.—2 cups of cold water; 3 oz. of butter; 4 eggs. Put the water, butter, and a little salt on to boil. When boiling thicken with flour until it leaves the sides of the sauce pan; then set aside to cool; when cold turn in the eggs, separately beaten; then drop in the soup with a spoon.

13. *Cocoanut Pudding*.—Cut off the brown part of the cocoanut, grate the remainder, simmer it with a quart of milk for fifteen minutes, remove from the fire, stir in five tablespoonsful of white sugar, two of butter, a heaping cup of grated bread or crackers pounded fine, grate in half of a small nutmeg. Mix the whole well together; when lukewarm add four beaten eggs, turn into a *buttered pudding* dish and bake till of a light brown. To be eaten cold and without any sauce.

14. *A Delicate Bread Pudding*.—Boil a quart of milk and turn it on to a couple of cups of bread which has been broken into small bits. When soaked soft mash the bread, stir in half a cup of sugar, a little salt and one third of a grated nutmeg; when lukewarm add four beaten eggs and a cup of raisins. Bake for an hour in a moderately hot oven. Serve it up with any kind of pudding sauce you may like. If you wish a large pudding the above rule should be doubled.

15. *Merangue*.—For a small pudding put a cup of rice to a quart of milk, and set it where it will heat gradually. When the rice becomes tender remove from the fire, add a teaspoonful of salt, the grated rind of half a lemon or a little nutmeg and the yolks of three eggs. Beat the whites of the eggs to a stiff froth, then stir into them a cup of fine white sugar, stir it well, then turn it over the rice, which should be in a pudding dish. Bake the whole of a light brown color.

16. *Cardinal Pudding*.—Slice a loaf of sponge cake into three equal parts; spread over them any one of the following kinds of preserved fruits: Strawberries, Raspberries or Peach jam, Quince, Apple, or Currant jelly; then place the parts together so as to form a whole loaf. Place it in a deep dish and turn over it cold boiled custard.

17. *An Excellent Tapioca Pudding*.—One cup of tapioca; 3 pints of milk; 6 eggs, 1 cup of sugar; 1 tablespoonful of butter; bake an hour, soak the tapioca over night in a portion of the milk; boil the rest 20 minutes, and stir in the tapioca. When

cold add the other ingredients. Beat the whites and the yolks of the eggs separately.

18. *Fruit Pudding*.— $\frac{1}{2}$ lb. Lady Fingers, $\frac{1}{4}$ lb. Macaroni; a rich custard; almost any kind of fruit. Fill your dish with alternate layers of the cake and fruit. Pour your custard over it. The whites of the eggs, whipped, put on top. Crown all with jelly.

19. *Jersey Pudding*.—Take 4 oz. of grated bread crumbs; 4 oz. of apples; 4 oz. of sugar; 4 oz. of butter; 4 oz. of currants. Beat up 4 eggs; Add them to the above ingredients with a little salt and lemon peel; Add 1 glass of brandy or white wine; Butter your mold and boil one hour. It can be baked if preferred.

20. *Young America Pudding*.—Take one common teacup of sugar; 3 eggs; 1 tablespoonful of butter; 3 tablespoonsful of sweet milk; 1 tablespoonful of baking powder and flour enough to make of the consistency of sponge cake. Divide it in three parts and bake quick in patty pans; Put any kind of stewed fruit or mashed berries between each layer. Serve with sauce of butter, sugar, hot water, and flavoring to suit the taste.

21. *Batter Pudding*.—3 eggs. Separate them and mix with three tablespoonfuls of sifted flour. Then stir in $\frac{1}{2}$ pt. of milk and a piece of butter the size of a hickory nut; whip the whites and mix in; add a little salt and set in the oven immediately.

22. *French Pudding, Cold*.—1 pt. bread crumbs; 1 qt. of milk poured over the bread cold; yolks of four eggs; piece of butter size of a walnut; 1 cup of sugar beaten to a cream with the butter. Add to it the eggs and grated rinds of 1 lemon. Then the bread and milk; mix all together and bake about forty minutes. When done set aside to cool, beat the whites of the eggs, adding three tablespoonsful of white sugar and juice of lemon; When the pudding is cold spread over the top some acid jelly or preserves $\frac{1}{4}$ of an inch thick, and over that the whites, and set in the oven to brown. You may make this pudding the day before as it is eaten cold.

23. *Black Pudding*.—1 cup of milk, 3 cups of flour, 1 cup of molasses, 1 cup suet chopped, 2 cups of currants, or raisins, 1 teaspoonful saleratus. Steam or boil three hours. SAUCE.—1 large teacup of sugar; $\frac{1}{2}$ cup of butter beaten until light. Then throw in 2 whites and 1 yolk of an egg well beaten separately. Add 1 glass of wine, put it on the fire and stir until it smokes. Then lift it off and stir it some time.

24. *A Rich Lemon Pie*.—Grate the rind of a large, fresh lemon

squeeze out the juice, and mix it with a half tumbler of cold water. Beat to a froth the yolks of four eggs; stir in six large spoonful of fine white sugar, a large spoonful of melted butter and one of flour; when well mixed stir in the lemon juice and water, taking care to get in none of the seeds of the lemon. Turn the mixture into a deep pie-plate that has a lining and rim of pastery; bake in a quick oven. When nearly done beat the whites of the eggs to a stiff froth, then stir in five large spoonful of fine white sugar, stir it until the pie appears to be baked; then remove the pie from the oven; turn over it the beaten whites and sugar; then set it back into the oven and let it remain till of a very delicate brown color. It should be cold when eaten.

25. *Another Way*.—2 lemon rinds and juice; 1 cup of sugar; 2 tablespoonsful of corn starch; 1 cup of milk; the yolks of 6 eggs. After the pie is baked, take the whites and beat them to stiff froth; add 8 tablespoonfuls of sugar. Spread on top and bake until brown. This makes 2 pies. Still another mode, practiced 20 years ago, is given on page 106.

26. *Sweet Pies*.—Make a rich crust. Take half dried apples and half peaches. Stew them and mash them. Then half-bake the crust. Take it out of the oven and put the fruit in. Then add 3 eggs; 1 cup of butter; 2 of sugar. Beat them together and put them on top, and bake brown. This is enough for 3 pies.

27. *Bavarian Cream*.—1 pint of milk; the yolks of 4 eggs; $\frac{1}{4}$ lb. white sugar; 1 oz. isinglass; put all on the fire. Stir until dissolved and it comes to a boiling heat. Then set it aside to cool. When cold add 1 pint of cream; stir it in well and flavor with vanilla. Then pour it in your molds.

28. *Almond Cream*.—1 lb. of sweet almonds blanched and pounded; 1 quart of sweet cream, whip't; whites of 6 eggs, whip't stiff. Sweeten to the taste. Mix cream and almonds together first; then mix the eggs in and serve it.

29. *Raspberry Cream*.—Dissolve 1 oz. of isinglass in a little water. Then put 1 pint of good cream, sweetened to the taste. Boil it. When nearly cold lay some raspberry jam, or any other fruit, on the bottom of a glass dish and pour it over.

30. *Cocoanut Drops*.—Grate the cocoanut, leaving out the brown part, mix it with half its weight of powdered white sugar, and the white of one egg beaten to a stiff froth. There should be just sufficient of the egg to moisten the whole. Mold with the hands into small cakes of a conical form; put each, when molded, on to a buttered baking plate, several inches apart. Bake them in a moderately hot oven till of a delicate brown.

31. *Mock Charlotte Russe*.—2 cups of sugar; 2 eggs; $\frac{1}{2}$ a cup of butter, $1\frac{1}{2}$ of sweet milk, $3\frac{1}{2}$ of flour; $1\frac{1}{2}$ teaspoonful of cream of tartar; $\frac{3}{4}$ teaspoonful of soda. Half the receipt is enough for one cake, to be baked in 4 equal parts in jelly-cake pans. For the filling take 1 quart of milk; $\frac{1}{2}$ teaspoonful corn starch. Take enough milk to mix the starch smoothly, and boil the rest. While boiling stir in 2 eggs, then stir in the starch, and sweeten to your taste. When cold, flavor with vanilla and spread on the cake as you would jelly, only more thin. The cake must be cold before spreading. Frost or sprinkle with sugar. It is best a day old.

32. *German Tort*.— $\frac{1}{2}$ lb. flour; $\frac{1}{4}$ lb. butter; $\frac{1}{4}$ lb. sugar, and 1 egg. To be rolled out and baked on a flat surface, having first covered it with sliced apples or fruit.

33. *Puffs*.—1 lb. flour; 1 pint milk; 1 spoonful butter. Mix on the fire 4 eggs. When cold drop in hot lard, and serve with jelly.

34. *Apple and Bread Pudding: To be Eaten With Sauce*.—Put a layer of buttered bread in the bottom of a well-buttered dish, with chooped apples, sugar, grated bread and butter and a little pounded cinamon. Fill up the dish with alternate layers of these articles, observing to have the inner layers the thinnest.

35. *Apple Float*.—To 1 quart of apples, slightly stewed and well mashed, add the whites of 3 eggs, well beaten, and 4 table-spoonful of white sugar. Beat them together 15 minutes, and eat with rich milk and nutmeg.

36. *Apple Cheese*.—1 pint of milk; 2 eggs; 1 teacupful of breadcrumbs, rolled very fine; peel the apples and grate them. Take $\frac{1}{2}$ as much again of apples as of bread crumbs. Make it very sweet and flavor as you please. Bake 45 minutes. When cold turn out on a plate and eat for dessert or for tea.

37. *Apple Snow*.—Stew apples, strain, sweeten and flavor them. For a quart of stewed apples beat the whites of 4 eggs and lay it upon cream sweetened, and flavored with wine.

38. *Fruit With Rice*.—Put 1 teacupful of rice in a quart of milk, and boil it very slowly to keep it from burning. When done add a little salt, a teacupful of cream, and sweeten it with sugar. Have ready in a deep dish any fruit that is in season as cherries, blackberries, apricots, apples or peaches, cut up, well sweetened, but not cooked. Spread the rice roughly over and bake it slowly two hours. It may be eaten with cream and nutmeg, either cold or hot.

39. *Plum Charlotte*.—Stone 1 quart of ripe plums; stew

them with $\frac{3}{4}$ lb. of brown sugar. Cut slices of bread and butter them; lay them in sides and bottom of dish; pour in your plums boiling hot and cover with bread, buttered; put it in a cold place, and when perfectly cold, turn it out on a flat dish and serve it with cream and sugar.

40. *Boston Tea Cake*.—Dissolve a teaspoonful of saleratus in a cup of sweet milk, strain it into 4 cups of sifted flour; mix it smooth, then add another cup of milk, two large teaspoonful of melted butter, a teaspoonful of salt, and 4 eggs well beaten. When the whole is well mixed, add a couple of teaspoonful of cream of tartar. Stir the whole thoroughly, then turn it into baking pans that have been buttered, having the mixture about an inch in thickness. The cakes will bake sufficiently, in a quick oven, in the course of fifteen or twenty minutes. Serve them up as soon as done, and eat them with butter.

41. *Soda Sponge Cake*.—1 cup of white sugar, rolled free from lumps, and mixed with 3 eggs, previously well beaten; stir well together, then add a cup of sifted flour; dissolve half a teaspoonful of soda in a large spoonful of sweet milk, strain it into the cake, and stir it three or four minutes; then add a teaspoonful of cream of tartar, and a little grated nutmeg, extract of vanilla or lemon. When the whole is well mixed, turn into a buttered cake-pan and bake immediately in a quick oven. If not baked quickly it will not be light.

42. *Seed Cake*.—Mix 2 cups of sugar with 1 of butter; stir in a little flour; $\frac{2}{3}$ of a cup of sweet milk, with a teaspoon even full of saleratus dissolved in it; strain the milk previous to putting it in. Stir the whole well together, with a little more flour and two tablespoonsful of caraway seed; then add a teaspoonful and a half of cream of tartar. Mix thoroughly together; then add sufficient flour to enable you to roll out easily, taking care not to have it very stiff. Roll out as thin as you would pastry for pies; cut with a jagging iron or knife into cakes four or five inches long, and half that in width. Bake on flat tins that are buttered, in a quick oven, till of a light brown.

43. *Plain Tea Cakes*.—1 cup of sugar, $\frac{3}{4}$ of butter or lard, mix together; then add a little flour, $\frac{3}{4}$ of a cup of sweet milk, with $\frac{2}{3}$ of a teaspoonful of saleratus dissolved in it and strained; grate in a little nutmeg; add more flour. When the whole is well stirred together add a heaping teaspoonful of cream of tartar, stir it thoroughly; then stir in flour until stiff enough to roll out. Cut into cakes half an inch thick, with a biscuit cutter, and bake in a quick oven.

44. *White Mountain Cake*.—Beat 6 eggs to a froth; then stir

in a heaping cup of white sugar, rolled free from lumps ; stir for five or six minutes ; then add a cup and a half of sifted flour and a teaspoonful of cream of tartar. Mix the whole well together, then add a large spoonful of sweet milk with half a teaspoonful of saleratus dissolved in it, and strained so that no lumps of the saleratus will get into the mixture ; flavor with lemon or vanilla. Stir the whole together for several minutes ; then turn it into shallow pans that have been buttered, and all the same size. The mixture should not be over one third of an inch in thickness in each pan. Bake immediately in a quick oven, till of a light brown ; then remove from the oven and frost them ; when the frosting becomes dry and hard, pile the cakes up in layers. This is a very delicate cake. It can be made into jelly cake by substituting jelly for the frosting.

45. *Coffee Cake*.—Mix together 1 cup of butter, 1 cup of brown sugar, 1 wine-glass of wine, and 4 beaten eggs ; stir well together ; then add 1 cup of molasses, 5 cups of sifted flour, 1 cup of liquid coffee, $\frac{1}{2}$ teaspoonful of cinnamon, the same of allspice, and $\frac{1}{4}$ teaspoonful of cloves. Stir all the ingredients well together ; then add 1 lb. of raisins, and bake immediately. This cake resembles black or fruit cake.

46. *Union Cake*.—Stir together 1 cup of nice butter, with $2\frac{1}{2}$ cups of fine white sugar, and 4 beaten eggs ; add $4\frac{1}{2}$ cups of sifted flour ; dissolve $\frac{2}{3}$ of a teaspoonful of saleratus in a cup of sweet milk, strain it and stir it into the cake ; grate in the rind of a lemon ; extract of lemon or vanilla may be substituted. Stir the whole for five or six minutes, then add $1\frac{1}{2}$ teaspoonsful of cream of tartar. When thoroughly mixed in, bake in a couple of cake pans in a quick oven. This is a very delicate kind of cake, and will keep well but a few days.

47. *Potatoe Cake*.—1 lb. of grated potatoes ; 1 tablespoonful corn starch ; $\frac{3}{4}$ of a lb. of sugar ; 8 eggs ; flavor with vanilla.

48. *Sponge Jelly Cake*.—Mix dry and rub together 1 teaspoonful of cream of tartar, with 1 cup of flour, 1 cup of sugar, 3 eggs. Dissolve $\frac{1}{2}$ teaspoonful of soda in 3 tablespoonsful of sweet milk. Mix the whole together and bake in jelly-cake pans.

49. *Rolled Cake*.—5 eggs ; the weight of 4 eggs in sugar and 3 in flour. Spread white greased paper in the bottom of tin cake-pans. Bake thin and roll it up while hot.

50. *Pie Plant Sauce*.—Peel and cut into small bits the stalks of tender rhubarb, put them in a deep dish, with considerable sugar between each layer ; put in the rind of a fresh lemon cut into small bits ; cover it up tight, and put it into a moderately

warm oven, and let it remain until tender. The juice of the rhubarb forms, with the sugar, a fine syrup; no water should be used. The lemon rind can be dispensed with. This makes a nice dish for the tea-table in the spring of the year when fresh fruit can not be procured.

PICKLES.

51. *Yellow Pickles*.—Make ready the following liquor in April, and keep it warm, either in a hot sun or on a warm hearth, for some weeks: 1 oz. of mace, 1 oz. of cloves, $\frac{1}{4}$ of a lb. race ginger cut in thin slices, $\frac{1}{4}$ of a lb. of tumeric, $\frac{1}{2}$ a lb. of white mustard seed, $\frac{1}{2}$ doz. horseradish cut in thin slices, $\frac{1}{2}$ pk. small peppers, 2 gals. of best cider vinegar, in 1 new stone jar of 4 or 5 gals. The vegetables are selected as they come in season; each kind is scalded by pouring over them a very strong brine, boiling hot, and left over night, then drained and dried in the sun; then throw in the yellow pickle, which is kept in a cool place after it is prepared.

52. *Sweet Spiced Peaches*.—1 peck of peaches, 3 pints of vinegar, $3\frac{1}{2}$ lbs. good brown sugar, 3 nutmegs broken in pieces, 1 oz. cloves, 1 oz. of cinnamon. Pare your peaches and place them in a jar and strew the spices among them. Boil the sugar and vinegar together a few moments and pour over your peaches while hot. Repeat this for three days in succession. The fourth day boil all together for ten minutes.

53. *Sweet Spiced Peaches, Plums and Cherries*.—Take seven pounds of peaches, (which you may pare or not, at option) 3 lbs of sugar, 1 pint of vinegar; make a syrup of the sugar and vinegar; put in the peaches and boil until so soft that a broom's splinter will easily enter. Throw in while boiling whole cloves and stick-cinnamon to your taste. Cling-stones are preferable for pickling by this method, as free-stones will by long boiling, boil to fragments. Put them in stone jars and cover tight. Plums and cherries are nice done in this way; and the peaches are so excellent as to be preferred to the canned fruit.

54. *Mixed Pickle*—1 head of purple cabbage, 24 cucumbers, 6 white onions, 12 green tomatoes, 3 green peppers. Slice the onions, pour over them boiling water and let them stand fifteen minutes. Chop the other ingredients, sprinkle with salt, and let them stand one hour; then drain and cover them with cider vinegar for twenty-four hours; then drain and take fresh vinegar, and to every gallon of pickles put $\frac{1}{4}$ of

a lb. of brown sugar. **SPICES.**—2 oz. whole cloves, 2 oz. yellow mustard seed, black pepper and mace to your judgment; let them boil until done, and bottle tight.

55. *Watermelon Pickle.*—Take a thick rind of a ripe Watermelon; cut into narrow strips; cut off all the red part; scrape off the outside and boil the rind until tender; then drain off the water. Make a syrup of sugar and vinegar, in the proportion of 2 lbs. of sugar and 1 quart of vinegar to 10 lbs. of rinds. Boil with the syrup 1 oz. of stick cinnamon, $\frac{1}{2}$ oz. of whole cloves; after boiling a few minutes turn it over the rinds while hot. Drain off the syrup for three successive days; let it come to a boil, then turn it on the rinds. Care should be used to procure pure cider vinegar for pickling all kinds of fruit, as much that is sold is composed of ingredients that will spoil the fruit, if used for it.

56. *Burnet House Tomato Sauce*—1 peck of green tomatoes; 1 doz. onions; both sliced and sprinkled with salt; let them remain all night; then drain and put them in a kettle, with the following spices sprinkled between each layer: 1 oz. each of whole cloves, allspice, and yellow mustard seed; $1\frac{1}{2}$ oz. of fine black pepper, 1 box of mustard, wet with vinegar previous to putting it in. Cover the whole with vinegar and boil for twenty minutes. This is an excellent pickle.

57. *Cucumber Pick'les.*—Make a brine of salt and water. Put in the cucumbers and let them remain nine days, pouring off the brine and scalding it every second day. On the ninth day take some cider vinegar which, if very strong, dilute by one-third water; have it boiling hot and pour over the pickles, having first covered them with vine or cabbage leaves. Then take cider vinegar and sweeten it to your taste, say $1\frac{1}{2}$ to 2 lbs. of sugar to 1 gallon of vinegar. Have ready allspice, sticks of cinnamon, whole black peppers, mustard seed, celery seed, and, raw ginger. Put them all into the vinegar. While heating, turn off the first vinegar, and pour this over them. Exclude them entirely from the air. Grated horseraddish may also be added.

58. *Dressing for Cold Slaw.*—A tablespoonful of cider vinegar; ditto water: a piece of butter the size of a walnut; $\frac{1}{2}$ teaspoonful of salt, and a little pepper, and, if you like, mustard. Melt the mixture on the fire. Beat the yolk of an egg with a tablespoonful of cream or milk, and then pour the melted ingredients into the latter. Set the whole on the fire, and stir it until it becomes of the consistency of cream. Pour this over the slaw a short time previous to its going to the table.

DRINKS.

59. *Rhubarb Wine*.—Skin and slice the stalks as for pies, put them in a preserving kettle, with just sufficient water to cover the bottom of the kettle; set it on a moderate fire, and let it remain until it comes to a slight boil; then strain it, pressing out all the liquid, and add an equal quantity of water. To each gallon of it put 5 lbs. of brown sugar; keep it in a cool place, so that it will ferment slowly; skim it, and when the fermentation ceases close up tight. It is best kept in casks. This is highly recommended as a remedy for dysentery and diarrhea.

60. *Blackberry Wine*.—Procure high-vine blackberries when in their prime (the low-vines will not answer as they do not possess the medicinal properties of the former); measure and bruise the berries, and to each gallon put a quart of boiling water; let it remain one day, stirring it occasionally. Then strain it off into a cask, adding to each gallon 2 lbs. of sugar. Close up tight, and let it remain until the following October, it will then be fit for use. This is an agreeable beverage, and an excellent remedy for bowel complaint.

61. *Black Currant Wine*.—Cover the currants with whisky for six weeks; then mash them through a cullender, and take 1 pint of juice to 1 lb of sugar. Put it on the fire and let it come to a boil. Bottle it.

62. *Raspberry Vinegar*.—Take the raspberries and cover them with wine vinegar, and let them stand twenty-four hours. Then take 1 lb. of sugar to 1 pint of syrup; let the sugar dissolve before you set it on the fire; then let it just come to a boil. Bottle it.

63. *Cherry Bounce*.—21 lbs. of cherries (red morilla); 6 lbs. of sugar; 2 gal. best Jamaica rum; mash the cherries and sugar; then pour the rum over them. Cork light. Add wild cherries. Another receipt is on page 142.

64. *Cherry Liquor*.—Take the wild cherries; cover them with whisky; let them stand a few months. Then strain through a flannel bag. Make a syrup of sugar and water; let boil; then mix it with the liquor. Bottle it.

MISCELLANEOUS.

65. *To Set the Colors of Calico*.—Put 3 gills of salt in 4 quarts of boiling water; put in the calico while scalding hot; let it remain until cold. In this way the colors are rendered permanent.

66. *Improvement in Soap.*—The addition of $\frac{1}{4}$ of a lb. of borax, melted without boiling, to each lb. of soap, is said to diminish the cost one-half, and the labor of washing three-fourths; improves the whiteness of the fabric, and removes the usual caustic effect of the soap on the hands.

67. *To Bleach Cotton or Linen Speedily.*—Dissolve 1 teaspoonful of chloride of lime in 1 quart of hot water; dip the article in and out a few times, then wash in hot suds.

68. *A Quick Method of Making Butter.*—Put a small lump of sweet butter into the cream when you commence churning. It forms a nucleus for the cream, so that the process of forming butter is much facilitated.

Equivalents in Measures for Weights.

It is often inconvenient for a housekeeper to weigh articles, and for such occasions we here specify what the various ingredients in making cake measure. If one has not a quart or pint measure, we mention that an ordinary sized teacup, filled even full four times, measures 1 quart, or near enough for practical purposes.

1 lb. of sifted wheat flour fills a quart cup heaping full.

1 pint of fine white sugar weighs 1 lb. and 1 oz.

1 pint of light brown sugar weighs 1 lb. 2 ozs.

1 pint of rather soft butter weighs 1 lb.

10 medium sized eggs weigh 1 lb.

1 tablespoonful of melted butter weighs 1 oz.

1 oz. of powdered allspice measures four even great spoonful.

1 oz. of pulverized mace measures three even great spoonful.

1 oz. of pulverized cloves measures three even great spoonful.

1 oz. of pulverized cinnamon measures three even great spoonful.

Lemon Pie

Grate one lemon to one cup of
hot water. Two cups of sugar
the yolk of four eggs thump
of butter large as a walnut.

4 Table spoons full flour stir the
flour up in a little cold water.
beat the 4 whites to a stiff
foam. add 4 table spoons white
sugar spread on the top when
done. put in the oven and
slightly brown. 1 lemon with
~~the other fruit.~~

Lemon Custard

1/2 one lemon almost a cup
sugar 2 large spoons flour
4 eggs beaten separately the
yolk of 4 eggs with 1/2 cup
boiling water.

Miss Parloar's 1st. 1/2 cup sugar
1/2 cup molasses. 1/2 cup soda 1/2 cup
ingr. 1/2 cup of butter or 1/2 cup
lard salted. Put in gradually tog-
er. add half a cup of boiling water
and 1 pint sifted flour. Beat
until thick deep in color buttered.

Ginger Cakes.

1 cup sugar 1 cup shortening
1/2 c. Molasses. 2 eggs.
1 cup sour cream
2 teaspoons of Soda dissolved
in a large spoonful of
water. ~~1 egg & 1 cup of sugar~~
A table spoon of Ginger
flour enough to make
stiff batter. Put eggs
sugar and shortening
together and beat well
then add Molasses. then
Ginger. then milk.
with Soda stirred in
the flour.

Fruit Cake

2 Cups Sugar, 1 cup Butter
1 cup Sweet Cream 6 eggs
1 teaspoon Vanilla Extract
1 teaspoon Soda 1 lb Raisins
1/2 lb Currants, Citron 1 inch
square flavor with Lemon
make very stiff.

Lemon Cake.

2 cups Sugar
3 cups Flour
3 teaspoons Baking powder
1 cup Milk
1/2 cup Butter
Whites of five eggs or
three whole eggs

Strawberry Sauce for Pudding

Put through a fine sieve enough
mashed strawberries to make a cup
- Stir this into a quart of
whipped cream -

Spanish Cream.

One quart milk. Four
eggs. half ounce gelatine.
Pour one pint of milk
on the gelatine then add
the other pint of milk
and stir it over the
fire in a farina kettle.
Beat the yolks of the
eggs with three table-spoons
of sugar. and stir into
the milk just before
it boils. When it comes
to a boil take it off. stir
into it the whites of the
eggs beaten to a stiff foam
with three table-spoons of su-
gar and the vanilla. Pour in
moulds. Use the next day.

Chocolate for Cake.

Half-pound sugar. 1 ounce gelatine.
2 cups cream. Butter 1/2 cup.
Baked 300.

Jelly Roll.

4 eggs, 1 cup sugar.
2 tablespoons baking powder - And flour to proper consistency. ($1\frac{1}{2}$ cups)
Not very stiff batter.
3 ~~teaspoons~~ water -
Flavor with Vanilla & roles

* Nora's Finger Bread

1 cup brown sugar, 1 cup butter, 1 egg, 1 cup flour, 1 cup soda, 1 cup ginger, 1 cup corn meal, 1 cup butter.

Corn Gritter

6 ears of Corn, grated, 2 eggs, 2 tablespoons full of flour, salt & pepper. Fry in butter.

Potato Salad.

1 pint mashed potatoes
4 cucumber pickles cut fine
4 hard boiled eggs.
1 tablespoonful Mustard
1 " " Celery seed
Pepper & Salt to taste. Add
enough vinegar to make the
proper consistency.

Hot Henderson's Curry Pudding

200 eggs, one cupful of sugar
1 pint. Three tablespoonfuls of
yeast powder. Flour to make
a stiff batter. As many
cherries or fruit - or any fruit
as can be stirred in.
Boil or steam it - two hours
Serve with sauce.

Observed Pumpkin Pie.

One-half pint of stewed pumpkins
one pint of hot milk. one cup-
ful of brown sugar. one egg.
one large tablespoonful of flour.
one-half of a tablespoonful of butter
one-half of a teaspoonful each of
ginger and Vanilla. Bake the
crust. This will make two pies.

Three Minute Cakes
Cup Sugar. $\frac{7}{8}$ Cup Butter
Eggs & Saleratus

Sponge Cake

3 Eggs. 1 Cup Flour
1 Cup sugar. 1 Teaspoonful
Cream Tartar. Sarsaparilla
Soda dissolved in water

To make mince pie

To 4 pints meat 8 pints apples
1 oz Butter 1 pint cream
3 pints cider boiling with sugar
to please the taste

Spiced Peaches

To 1 Peck Peaches pour lbs
Sugar. 1 Quart vinegar and
Spice to suit the taste

Liquid Pudding Sauce.

Beat one egg and one cup white sugar to a froth; make ready very thin batter with one cup and a half of water, and a piece butter half the size of an egg: pour this batter boiling hot over the egg and sugar just as it goes to the table; flavor to taste. Beat while mixing the boiled butter and sugar.

Rhubarb Tart.

One pint stewed rhubarb or pie plant, four ounces sugar, half pint cream, two ounces pounded cracker, three eggs; stewed rhubarb through a sieve; beat the other ingredients and bake with a bottom crust only, half an hour.

To Make Jellies.

Put the fruit in a stone jar placed in a boiler of hot water. When the fruit is sufficiently softened, strain through a jelly bag and place the juice in a preserving kettle and allow one pound of sugar to a pint of juice. While heating the juice place the kettle in a dish in the oven; allow the juice to boil twenty minutes, then add the heated sugar. Let all come to a boil and remove the fire; having your glasses scalded, pour in brimming full and allow them to stand in the sun for at least a day, or till the jelly is thoroughly set; cover with tissue paper saturated with brandy and over all paste thick white or brown paper.

How to Cook Cranberries.

Put one quart or more of cranberries to cook, with cold water to cover them. Let them boil slowly for one hour, then strain through a sieve or fine cloth, pour back in the stew-pan and to every cup of juice put one cup of sugar, white or brown. Let boil for another hour; then, before taking them up, add a little starch to thicken to taste for a nice jelly; one teaspoonful of starch to half a quart will be enough.

Omelette.

Six eggs, one cup of milk, one tablespoon flour, a pinch of salt. Beat the whites and yolks separately. Mix the flour, milk and salt, add the yolks, then add beaten whites. Have a butter spider very hot, pour in. Bake in a quick oven five minutes. A Perfect Omelette.

Icing for Cakes.

To a half-pound of fine sifted sugar put the whites of two eggs beaten with a little orange flower water or simple water and strain. With this whisk the sugar till it is quite smooth. Spread the icing equally over large cakes with a flat spoon. Large cakes should be cold when iced.

A Good Chow-Chow.

Boil in one quart of vinegar a quarter of a pound of mixed as for table use, two ounces of ginger, two ounces of pepper, a very little mace, with a few cloves. Take one large cucumbers, peeled and sliced, place in a sieve with a handful of salt, let them stand ten minutes, then put in jars. When the vinegar is cold enough pour it over and tie down tight. It will be fit for use in one week, and will keep good a year.

Tomato Catsup.

Take one peck of tomatoes, quarter pound pepper, quarter pound allspice, quarter pound white mustard-seed, two cloves, six tablespoonsful salt, half-gallon vinegar. Boil six hours. Cool and then bottle.

TOMATO CATSUP.—One gallon ripe tomatoes, one table-spoon salt, four of ground pepper, three of mustard, one tea-spoon allspice, one of cloves, one of cinnamon, six little red peppers; simmer the whole slowly with a pint of vinegar, for three or four hours. Strain through a sieve; cork tight.

Wine Jelly.

To one and a half boxes Cox's gelatine, one pint cold water, juice of three lemons, grated rind of two; let stand an hour; then add two pounds loaf sugar, three pints boiling water; boil five minutes; just before straining in flannel bag stir in one pint sherry wine, six tablespoons best brandy. Have used this receipt for fifteen years and never failed.

Directions, carefully observed, will prevent those cuticular and osseous abominations known as felons. As soon as the disease is felt, put directly over the spot a fly blister, about the size of your thumb nail, and let it remain for six hours, at the expiration of which time, directly under the surface of the blister, may be seen the felon, which can instantly be taken out with the point of a needle or lancet.

DIPHTHERIA.—Dr. Revillout states lemon juice used as a gargle, is an excellent specific against diphtheria and similar throat troubles. He has successfully thus employed it for 18 years.

Ice that Preserves Butter a Year.
Among the many devices for keeping butter in a manner that preserves the rich flavor of new, with all its sweetness, the following from the Dutchess Farmer, is said to be entirely successful: To every gallon of brine strong enough to bear an egg, add a quart of a pound of nice sugar, and one tablespoonful of salt. Boil the brine, and when it is cold use carefully. Make your butter into rolls, and wrap each separately in a clean cloth, tying up with a string. Pack the jar full, weigh the butter down, and fill the brine until all is submerged. This keeps really good butter sweet and fresh a whole year. Be careful not to put in ice butter that you wish to keep for length of time. In Summer, when the weather will not admit of butter being made in rolls, pack closely in small jars, and fill the same brine, allow it to cover the butter to the depth of at least four inches, so it excludes the air, and answers equally as well as the first method suggested.

A SIMPLE REMEDY.—An eminent physician says he cures ninety-nine out of every hundred cases of scarlet fever by giving the patient warm lemonade with gum arabic dissolved in it. A cloth wrung out in hot water and laid upon the stomach, should be removed as rapidly as it becomes cool.

Exclaiming says: If maple syrup is sour, as it sometimes does, add it, then, while it is still hot, add a little fine saleratus, stirring well all the time and tasting to see when the sourness disappears. When all the acidity is gone, bring the syrup up to a boil to expel the noxious gases, and the process of restoration is ended.

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Brine for Catter

To three gallons brine
strong enough to bear an
egg add a quarter of a pound
white sugar and one table-
spoonful of salt pater, boil
when cold strain

POWDERED charcoal will keep meat
over which it is sprinkled, and will
remove any taint from flesh. A piece of
charcoal boiled in the water with meat
or fowl, will render them nice and sweet.
Hams, after being smoked, can be kept
any length of time by packing in pow-
dered charcoal.

To Take the Shine off Worn Silk.

Use spirits of ammonia or alcohol diluted with water, and ap-
plied with a sponge. To renovate old black silk, use the same
and press on the inside.

TO CURE SUNSTROKE.—1. Rub power-
fully on the back, head and neck, mak-
ing horizontal and downward move-
ments. This draws blood away from the
front brain, and vitalizes the involu-
tionary nerves.

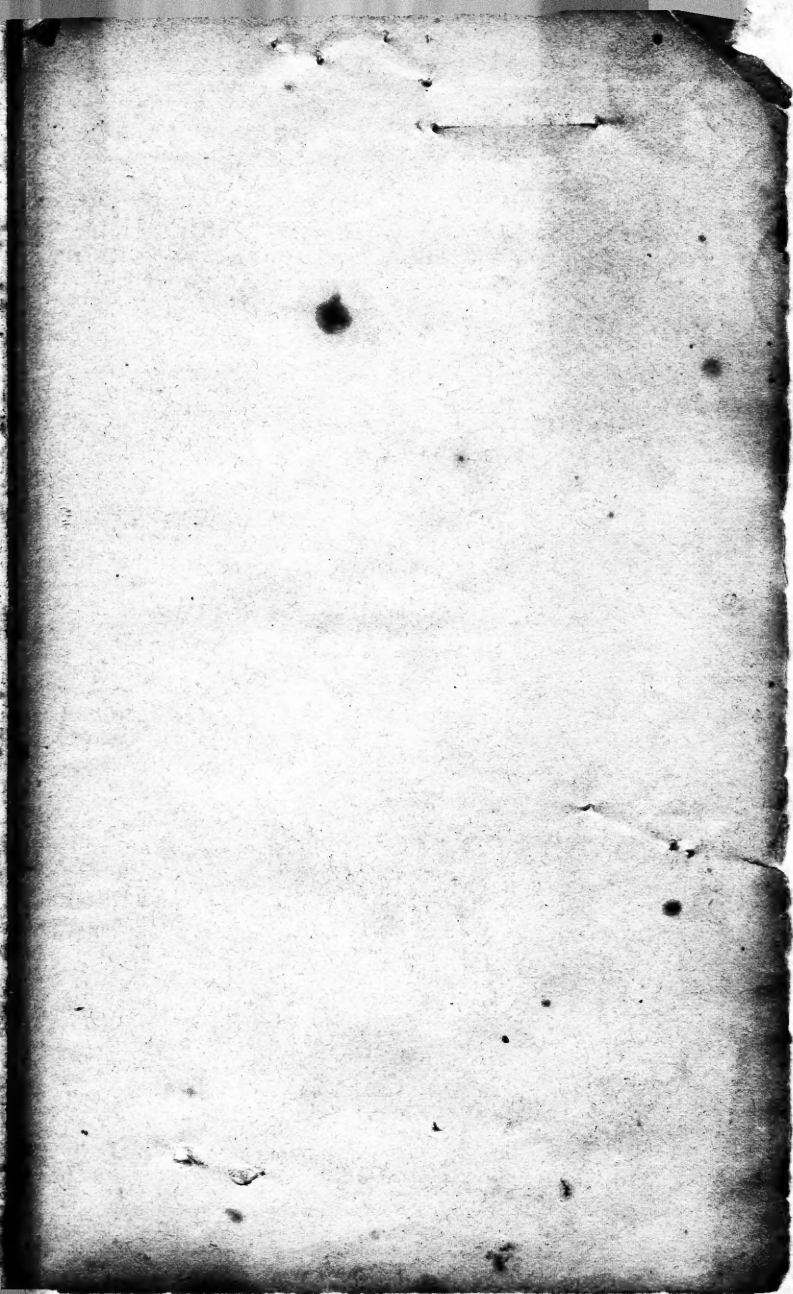
2. While rubbing call for cold water
immediately, which apply to the face,
and to the hair on top and side head.

3. Call for a bucket of water as hot as
can be borne, and pour it by dippersfuls
on the back, head and neck for several
minutes. The effect will be wonderful
in vitalizing the medulla oblongata; it
vitalizes the whole body, and the patient
will generally start up into full conscious
life in a very short time.

NOSE BLEED.—To stop bleeding at
nose, press the finger firmly upon
little artery that supplies the blood
the side of the face affected. Two sm-
arteries branching up from the ma-
arteries on each side of the neck, a-
passing over the outside of the jaw-b-
supply the face with blood. If the
bleeds from the right nostril, for exa-
ple, pass the finger along the edge of
right jaw till the beating of the arter-
felt. Press hard upon it and the ble-
ing will cease. Continue the press-
five minutes, until the ruptured ves-
in the nose have time to contract.

rodish, by gnawing and mixing in vine-
gar, the same as for table purposes, and
apply to the temple where the face or
head is affected, or the wrist, when the
pain is in the arm or shoulder.

CROUP can be cured in one minute, and the remedy is simply alum and sugar. Take a knife or grater, and shave off in small particles about a teaspoonful of alum, mix it with twice its quantity of sugar to make it palatable, and administer it as quickly as possible. Almost instantaneous relief will follow.



How to Have Hyacinths in Winter.

Hyacinth plants give better satisfaction than the Hyacinth, as a winter bloomer, when properly managed. As the season is fast approaching when the bulbs ought to be procured, it will not be out of place to give a few suggestions as to their culture.

Select—say about the first week in October—sound, firm bulbs, and procure pots from 5 to 7 inches in diameter. I almost invariably use 6 inch pots for this purpose. Let the soil be nearly one half well decomposed manure, and sandy loam. Now, after having filled the pot with the soil, put the bulb into it about half its depth—that is, half the depth of the bulb. By giving the pot a firm rap with the hand, the soil will settle thoroughly around the bulb. Then give it a thorough watering, and set the pots away in some cool, dark place for 5 or 6 weeks. Any cool cellar will do, but the pots ought to be covered up entirely, by placing over them 4 or 5 inches of soil, sawdust, or sand. This putting into a cool place, and covering up, is one of the essential points. The plants will thus be enabled to form roots which will push the blooms to perfection. After these roots have formed, and they will, in the time mentioned, bring them to the light and give water pretty freely. But care must be used not to bring them into a room too warm. A room without fire, yet not so cold as to freeze the plants, would be the best. By putting in bulbs at intervals of a week, and bringing them out of their dark quarters in the same way, the flowering can be prolonged. Hyacinths can also be flowered in glasses filled with water. They should be kept in the dark—but covered up—until the glasses are filled with roots, and then brought to the light.

